

BodhiTree Bookstore



Kevin M. Maxwell
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The Quarterly Bookstore by Mail

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The Passion of Strunz and Farah

An Interview With the Guitar Virtuosos of 'World Music'

Those who've had the good fortune to experience Strunz and Farah know that this Costa Rican/Iranian guitar duo pack the strongest one-two punch in "World Music" today. Characterized by Latin & Afro-Cuban rhythms, lyrical melody and technical proficiency few can aspire to, Jorge Strunz and Ardeshir Farah are clearly at the forefront of a genre that is catching the ears and the imaginations of an audience eager for fresh, exciting and dynamic music.

Begun as a collaboration to explore new directions for the acoustic guitar, Strunz and Farah recorded their first album Mosaico in 1980. Drawing on their individual backgrounds from Latin America and the Middle East, they've created an artistic tour de force that has continued to evolve, as evidenced four albums later, by their current bestseller Primal Magic.

Dana LaFontaine and Mark Kenaston spoke with Strunz and Farah at Jorge Strunz's Los Angeles home. The duo is currently taking a breather from their heavy touring schedule while preparing to record their sixth album, due in record stores this spring.

Why don't we begin at the beginning? What inspired you both to become guitarists?

Farah: I started in music playing the accordion, which was very popular in Iran at the time. It was natural for anyone wanting to get into music to pick up the accordion. At some point I remember thinking that the accordion

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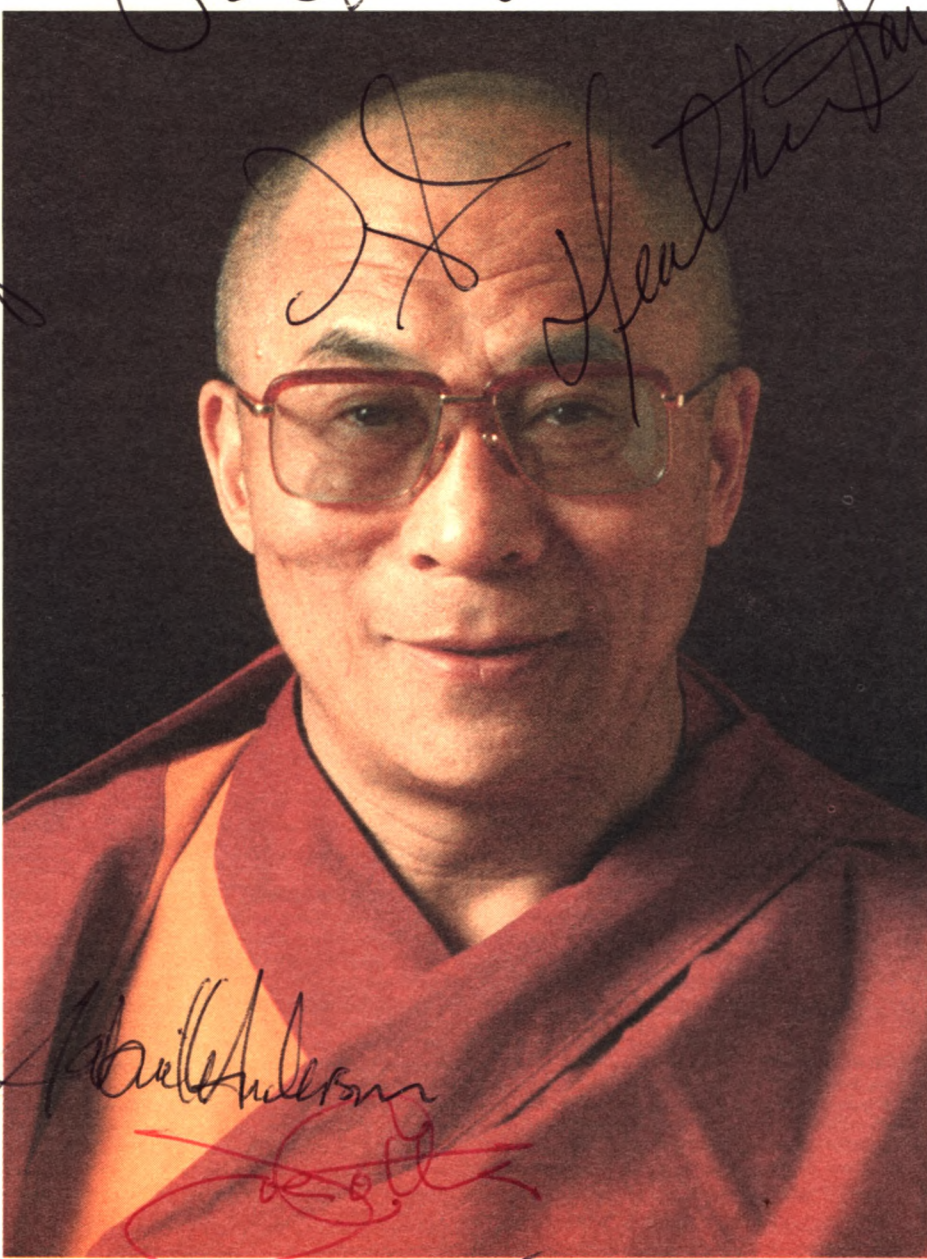


photo © Don Farber/Thubten Dargye Ling

1991: The Year of Tibet

In a Speech, the Dalai Lama Stresses Interdependence of All Human Beings

His Holiness the Dalai Lama has announced that 1991 (the Tibetan Royal Year of 2118) is The International Year of Tibet. The purpose of the Year of Tibet is to promote understanding and appreciation of this magnificent yet imperiled culture, and to focus international attention on the current situation in Tibet.

With the continued need for increased awareness of human rights in Tibet and for all people everywhere, and in light of the changes now occurring in the Soviet Union and Eastern Europe, we are reprinting below the text of a speech by the Dalai Lama that recognizes the interdependence of all human beings and shows how Tibet can make a unique contribution to the world community.

Human Rights and Universal Responsibilities

At this time when our world is becoming smaller and more interdependent, when populations are growing rapidly and contacts among peoples and their governments are increasing, it is important to consider and reassess the position, rights and responsibilities of individuals, nations and peoples with respect to each other and the planet as a whole.

The presence here in Strasbourg of so many persons, who are concerned about the rights and freedoms of their brothers and sisters in different and often far-away parts of the world, is an indication of the closeness which is

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Inside:
Gary Lachman Reviews William Irwin Thompson's *The American Replacement of Nature*

Also: New Releases, a Selection of Music From Around the World, and Books to Illuminate the Heart and Mind

Handwritten signatures and notes: Mike Brosnan, Tracy L. Beggs, Neisha Griatis + Kitty, Stan Casparelli, Dana, Alan, Farah, James van Loon, Justin, Laura Terry, Margaret Jean Mackano, Zaima, Stan H., John Mackson, Steve, Vince, Jim, Gary, William, The American Replacement of Nature, Also: New Releases, a Selection of Music From Around the World, and Books to Illuminate the Heart and Mind, (continued on page 20), (continued on page 4)



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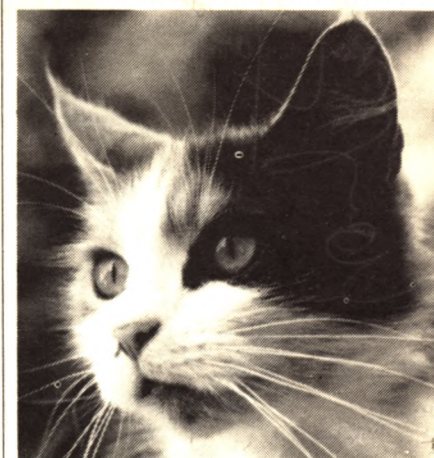
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TO ORDER PLEASE SEE THE BACK COVER

BODHI TREE CAT



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 Please direct all inquiries to Mark Kenaston at the above address.

"Whatever you can do, or think you can do—begin it. For boldness has power and magic and genius in it."
 — Goethe

THE BODHI TREE CAT'S TOP FIVE BOOKS

5. **The Game of Mice and How to Play It**
4. **50 Simple Things You Can Do In Kitty Litter**
3. **The Cat Who Came for Christmas, Stayed Through the Holidays, Gained 10 Pounds and Likes It Just Fine on Top of the TV**
2. **The Twelve Tuna Steps: Healing Your Inner Kitten Through Nutritional Therapy**
1. **If All You've Ever Wanted Isn't Enough, Send Your Cat to Kindergarten**

Many people have asked what the name "Bodhi Tree" means. The following is taken from a *Dictionary of Non-Christian Religions*, by Geoffrey Parrinder:

BO-TREE, BODHI TREE

The "tree of enlightenment" under which Gautama sat in meditation until enlightenment came to him and he became a Buddha. This was on the banks of a tributary of the Ganges, near a Shrine of Vishnu at Gaya. The site is now called Buddha-Gaya or Budh-Gaya. The Bo-tree is a pipal (sacred fig tree, *ficus religiosa*), which often occurs as a sacred tree in religious literature and practice. Legend said that all Buddhas were enlightened on the Diamond Seat under this tree.

A shoot of the tree from Gaya was taken to Ceylon in the third century B.C. by the nun Sanghamitta, a daughter of the emperor Ashoka, and planted at the famous Buddhist center at Anuradhapura where it is said to be the oldest historical tree in the world. Shoots were planted in many Ceylonese temples and also returned to India after the destruction of the original Bo-tree there.



BODHI TREE NEWS & INFORMATION

OUR NEW AREA CODE—310

As many of you know, Pacific Bell is in the process of splitting the 213 area code in two and as of November 2, 1991 the Bodhi Tree is in the new 310 area code. There will be a six-month period from November 2, 1991 through May 1, 1992 when both the new and old area codes will allow you to complete your call to us. However, after May 2, 1992, calls dialed with the old area code will not be completed.

Our phone numbers are the same, but remember the new area code:

New Book Branch: (310) 659-1733
 Used Book Branch: (310) 659-3227
 Fax: (310) 659-0178

OUR NEW 800 NUMBER:

1-800-825-9798 (Outside L.A. County)

For those of you outside of Los Angeles County (i.e. anywhere beyond area codes 213, 310, 818), you can now reach us toll free from 11 a.m. to 11 p.m. PST at 1-800-825-9798.

DUPLICATE COPIES

If you are receiving duplicate copies of this catalog, please pass the extra copy along to a friend and send us the mailing labels so we can correct our mailing list.

ISBN NUMBERS

Throughout this catalog you will see an International

Standard Book Number (ISBN) next to each book title. This ten-digit ISBN number appears on the back of most books and is a unique number for that book. ISBN numbers are assigned by publishers and assist all segments of the book trade in ordering, cataloging and identifying particular books. It's very helpful to us if you include the ISBN number when ordering. This number is used by our computer system to track all the books and orders in our store.

PRICE INCREASES

The Bodhi Tree sells books at published retail prices. All prices in this catalog reflect the most recent information from publishers. However, publishers can and often do raise the retail prices of books, so we hope you'll understand that prices in this catalog are subject to change without notice.

SPECIAL SERVICES

The Bodhi Tree is a full-service independent bookseller. We can special order almost any book that we do not carry that is currently in print. We currently require a 50%-100% deposit for these special orders before we can order the book from the publisher.

In addition, many times books that we normally carry are out-of-stock. We will gladly notify you when an out-of-stock title is back in stock.

BOOK LISTS & INQUIRIES

The Bodhi Tree stocks over 25,000 titles, but only a small selection of these are included in this issue of the catalog. We can, however, provide book lists for most of the Bodhi Tree subject areas (Astrology, Homeopathy, Islam, etc.) and authors. These lists provide a complete listing of the titles we stock for that particular subject area or author. If you are interested in obtaining a particular list or lists, please write, call or fax us. There is

currently no charge for these lists.

PARKING & DIRECTIONS

The Bodhi Tree is a people bookstore with places to sit and much to see. We hope that if you are close enough to Los Angeles or are passing through you can come in and browse. Though we've lost some street parking to permit areas in recent years, we feel that adequate parking exists most of the time. Please do not be discouraged. Read the signs carefully. The area north of Melrose Avenue is permit parking only for residents at all times. We recommend that you first try to find a parking meter on Melrose or the side streets, and if necessary try the streets south of Melrose, where parking is allowed on the west side of the street only from 7 a.m. to 7 p.m., Monday through Saturday (not on Sunday). If you have questions about where to park, please call for more information.

The Bodhi Tree is located at 8585 Melrose Ave. in West Hollywood, at the corner of Melrose Avenue and Westbourne Drive. We are three blocks west of La Cienega Blvd. on Melrose. If you need directions to our store, please call.

BODHI TREE USED BOOK BRANCH

The Bodhi Tree Used Book Branch opened in 1977 and has a large inventory that changes continually. If you are looking for used or out-of-print books, please check with our Used Book Branch directly at (310) 659-3227. The Used Book Branch is located around the corner from the New Book Branch—just next door on Westbourne Drive.

Your Comments and Suggestions Are Welcome
 Please write us: The Editors
 Bodhi Tree Bookstore Quarterly
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The Bodhi Tree Branches Out

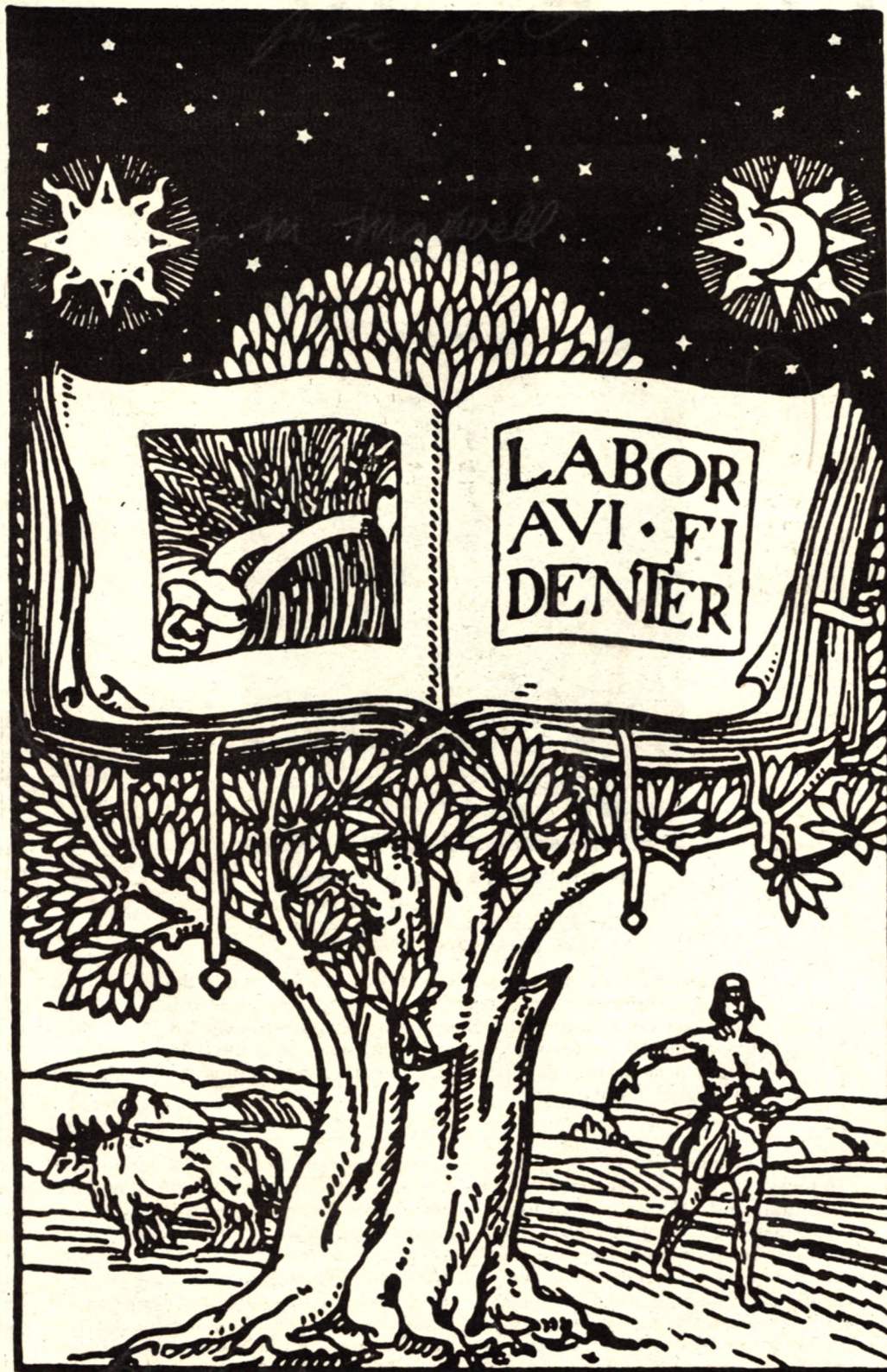
BY PHIL THOMPSON

The bookstore, now 21-years-old, was established in the midst of one of the most diverse communities in the world. Barrios, ghettos, gated streets that require a pass and the nod of an armed guard to enter, the valley, the westside, and the beach. Reasonably accessible, we felt that staying in one location was a sound idea. Now traffic and congestion have affected both shoppers and commuters. Reaching the book reader fifty miles away is the same as reaching a reader half a world away, so we've decided to extend the bookstore's resources and collection by mail rather than by franchise.

Some copies of this catalog will be mailed to people in communities that have recently undergone tumultuous social transformations. Great awakenings within a culture usually do not come without the personal yearnings of some men and women of those societies attempting to evolve into an increasingly enlightened species.

This catalog is our attempt to present the literature of the past and present to those who see and feel a small and flickering light inside their heart. Our society is finally looking at its excessive demands on the Earth. An increasing number of people from many stations of life are attempting to balance and reconcile their inner and outer lives. All peoples of the world will eventually have to share the examination of the secular and spiritual quality of life that occurs during their bio-spiritual evolution; we are all connected—by more than television.

Those of us who started this bookstore were born in the time just preceding a great world war in Europe and Asia. Our lives were, in many ways, overshadowed by this war and its aftermath; our school days included bomb drills, "duck and cover," and radiation safe shelters. War and the threat of extinction with 5-10 minutes warning (if any) existed as long as we could remember. The Korean War raged during our high school period, followed by years of hair trigger stand-off, then in the later '60s a war we helped start brought, curiously, some people to their senses. Not all survived, and there were new mores, new chemi-



cals, new technology, and new "disturbin" ideas to consider.

Some said: take drugs, open your mind. Others said: meditate, eat this, don't eat that, wear what I wear, say what I say, burn the Post Office, read this book, this is the New Age, or no it's just an Old Age dressed up as a yuppie (in time to come) accessory.

Whatever it was, the books to read about it weren't easy to locate, thus the beginnings of a bookstore. Make it complete, assemble the hard-to-find, be fair, keep it in stock, be polite, love it with all your heart, honor and respect each other: customers, employees, and employers. Provide a forum for those who have none, become a center for information, be a comfortable place for those people who felt alienated from family and friends because they were "changing" their lives, saying Sanskrit mantras, and sometimes eating—God-forbid—brown rice. The beginnings of a bookstore.

A few days ago a 27-year-old woman who probably has the "New Age" center and bookstore in Moscow gave us a new Russian flag. Perhaps this symbol could be indicative of a great leap in the evolution of our small piece of the universe. If we could almost join hands across this country, perhaps we could join hands across the Earth (some say beyond). This young Russian woman looked at me with eyes that perhaps sensed the faint receding memories of my secret defense clearance and the endless, expensive musings about how to confuse, spy on, and destroy her peoples many, many years ago.

Slow enlightenment, quick enlightenment; the track along the stepping stones of inner growth is sometimes slow and difficult, the map is not at all easy to read, and one person's sacred icon is another's dinner. Our great wish is that this extension of the bookstore helps and encourages your travel on whatever path you now find yourself.

Phil Thompson and his partner Stan Madson left the aerospace industry in 1970 (after working a collective 21 years) to open the Bodhi Tree Bookstore. Thompson's original partner, Dan Morris, left the store in 1972 to live in Washington state.

Under the Bodhi Tree

Whenever any of you wrote to us in the past for a catalog, we sent along with our regrets some information about the kind of books we carry, instructions on how to order books from us, a store map, and a listing of music and video cassettes. No, it wasn't exactly a catalog, but it was our way of serving the community of people who do not live in close proximity to Los Angeles and are unable to visit us in person. With this first issue, however, we're now happy to say when someone inquires that, yes, the Bodhi Tree does have a catalog, and, well, here it is.

We've chosen a selection of books that best represent in a microcosm the range of subjects and authors available within the bookstore. It's by no means a complete listing of the over 25,000 books we regularly stock. Such an all-inclusive catalog would not be feasible for us to put out, and this means, of course, that your favorite book may not be included here, nor your favorite subject or author adequately represented. In time we hope to expand our listings, and your feedback will help us plan future issues. Please let us know what books, subjects, or authors you'd like to know more about. We intend each quarterly issue of the catalog to include new titles, some feature articles, and an expanded guide to one or more subject areas and authors.

In this issue you'll find an interview with the guitar duo of Strunz and Farah that gives texture and shape to the sound of their world music, an elegantly simple and profound

essay by His Holiness the Dalai Lama of Tibet on our rights and responsibilities as members of the human family, reviews of new books by Richard Tarnas and William Irwin Thompson, a selection of first-rate music albums, and what we think are some of the best books available to illuminate the heart and mind. We hope you will find it all interesting, informative, and useful.



A project this large has taken a long time to get off the ground and we'd like to take a moment to offer special thanks to the following people: to Jeff Cox of Snow Lion Publications for his encouragement and advice; to James Vowell, Editor and Publisher of the Los Angeles Reader, and his excellent staff, for their professional design and production work and their alchemical ability to turn raw text into gold; to all of our friends and colleagues at the Bodhi Tree for their contributions to this catalog, their dogged devotion and endless enthusiasm; and, finally, to Stan Madson and Phil Thompson, our bosses, who have willingly and wholeheartedly followed us out on a limb with their watchful guidance, unwavering support and undying faith—thanks for a dream come true.

—Mark Kenaston and Dana Alan LaFontaine



The International Year of Tibet

(continued from the cover)

developing between us. It results from the growing recognition that the hopes of all human beings are essentially the same: we all seek happiness and try to avoid suffering, regardless of where we live and what our race, religion, sex or political situation may be.

I speak to you as a fellow human being, an inhabitant of this planet which we are destined to share. I speak to you also as a simple Buddhist monk, a believer in the value and power of love and compassion, which are the essence of my own faith.

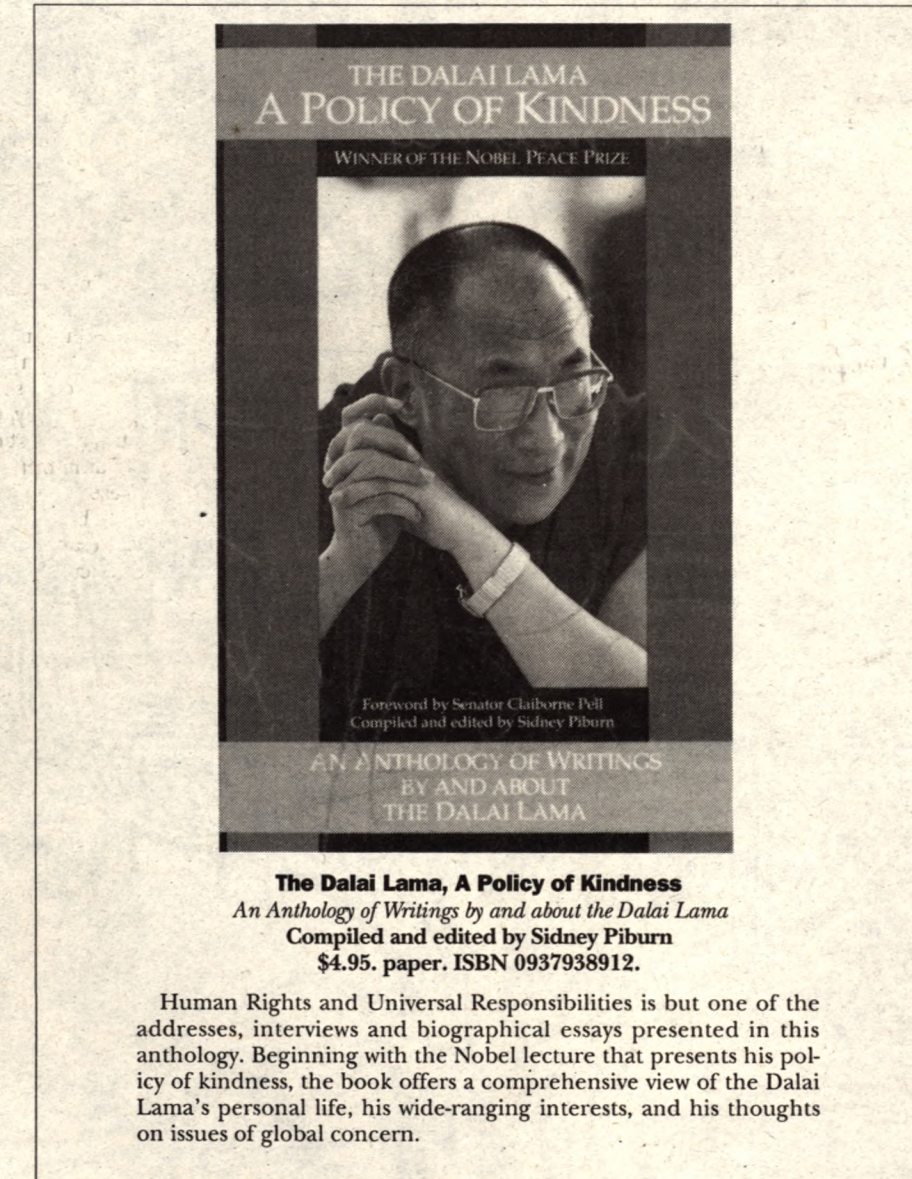
Human beings, indeed all sentient beings—human as well as animal—have a right to pursue happiness and live in peace. On the other hand, no one has the right to inflict pain and suffering on others.

Lack of understanding of the true nature of happiness, it seems to me, is the principle reason why people inflict suffering on others. They think either that the other's pain may somehow cause happiness for themselves or that their own happiness is more important, regardless of what pain it may cause. But this is shortsighted, no one truly benefits from causing harm to another sentient being.

Whatever immediate advantage is gained at the expense of someone else is short-lived. In the long run causing others misery and infringing their rights to peace and happiness result in anxiety, fear and suspicion within one-self. Such feelings undermine the peace of mind and contentment which are the marks of happiness.

True happiness comes not from a limited concern for one's own well-being, or that of those one feels close to, but from developing love and compassion for all sentient beings. Here, love means wishing that all sentient beings should find happiness, and compassion means wishing that they should all be free of suffering. The development of this attitude gives rise to a sense of openness and trust that provides the basis for peace.

When we demand the rights and freedoms we so cherish, we should be aware of our human responsibilities. If we accent that others have an equal right to peace and happiness as ourselves, have we not a responsibility to do what we can to help those in need and at least avoid harming them? Closing our eyes to our neighbor's suffering in order to better enjoy our own freedom and good fortune is a rejection of such responsibilities. We need to develop a concern for the problems of others, whether they be



The Dalai Lama, A Policy of Kindness
An Anthology of Writings by and about the Dalai Lama
Compiled and edited by Sidney Piburn
\$4.95. paper. ISBN 0937938912.

Human Rights and Universal Responsibilities is but one of the addresses, interviews and biographical essays presented in this anthology. Beginning with the Nobel lecture that presents his policy of kindness, the book offers a comprehensive view of the Dalai Lama's personal life, his wide-ranging interests, and his thoughts on issues of global concern.

individuals or entire peoples.

In today's highly interdependent world, individuals and nations can no longer resolve many of their problems by themselves. We need one another. We must, therefore, develop a sense of universal responsibility. This is the belief which I have been expressing ever since my first visit to Europe and the West in 1973. I am encouraged that an increasing number of people have come to share this view. There is a

growing awareness of people's responsibilities to each other and to the planet we share. Even though so much suffering continues to be inflicted upon individuals and peoples in the name of ideology, religion, history or development, a new hope is emerging for the downtrodden. People everywhere are displaying a willingness to sacrifice their own well-being and, at times, their lives for the rights and freedom of their fellow human beings. The recent suc-

cess of struggles for human rights and democracy in a number of Asian countries and elsewhere could not have taken place without the sympathy, support and concern of people like yourselves who feel a responsibility to help others.

We are indeed witnessing a tremendous and popular movement for the advancement of human rights and democratic freedoms in the world. This movement has such moral force that even determined governments and armies are incapable of suppressing it. It is an encouraging indication of the triumph of the human spirit for freedom.

The growth of democratic freedoms of individuals as well as increasing recognition of the rights of nations and peoples—regardless of their political status—fills many of us with courage and hope for the future. It is natural and just for nations and peoples to demand respect for their rights and freedoms and to struggle to end repression, racism, military occupation and various forms of colonialism and alien domination. Governments should actively and consistently support such demands instead of only paying lip-service to general principles.

We are at the dawn of an age in which extreme political concepts and dogmas may cease to dominate human affairs. We must use this historic opportunity to replace them by universal human and spiritual values and ensure that these values become the fiber of the global family which is emerging.

It is our collective and individual responsibility to protect and nurture the global family, to support its weak members and to preserve and tend to the environment in which we all live.

The Tibetan people wish to make their contribution and to fulfill their responsibilities. We are not a large and powerful people, but our way of life, our culture and spiritual tradition have helped us, even in the face of great hardship and suffering, to follow the path of peace and to find comfort in the pursuit of love and compassion.

Given the opportunity, the Tibetan people long to transform the high plateau, which is their home, into a true sanctuary of peace, where human beings and nature can live in harmony and peace.

We wish in our own modest way to promote the peace and human rights which all members of the global family seek.

—Reprinted with permission from *The Dalai Lama, A Policy of Kindness*, ©1990, Snow Lion Publications

Why An International Year of Tibet?

The International Year of Tibet launches the first—and possibly the last—opportunity to save Tibet before its people and culture disappear.

Despite international recognition achieved by the award of the 1989 Nobel Peace Prize to the Dalai Lama, Tibet still faces a systematic and total destruction of its entire culture. The Dalai Lama has consistently "advocated peaceful solutions based upon tolerance and mutual respect in order to preserve the historical and cultural heritage of his people" (Nobel Committee, 1989).

China's policy in Tibet continues to ravage the culture, the people and the land. The International Commission of Jurists concludes that the Chinese are guilty of "the most pernicious crime that any individual or nation can be accused of, viz. a willful attempt to annihilate an entire people."

Tibet has witnessed one of the most brutal human tragedies of our time. Since China first invaded Tibet in 1950,

- 1.2 million Tibetans have died (one sixth of the population)
- 70% of Tibet's virgin forest has been clear cut
- More than 6,000 monasteries, temples and historic sites have been looted and razed
- All religious practices have been outlawed
- Entire libraries with irreplaceable manuscripts have been burned
- Countless pieces of religious art have been desecrated and destroyed

As a result, one of history's most remarkable and ancient cultures is on the verge of extinction. To help focus on the

International Year of Tibet, events and programs are being held around the world dedicated to Tibet's survival. In Los Angeles, on November 14 at UCLA's Royce Hall, the Gyuto Tantric Choir will be performing as part of their third U.S. Tour. In New York, a major art exhibition, *Wisdom and Compassion: The Sacred Art of Tibet*, is currently at the IBM Gallery of Science and Art through December 28, 1991.

Readers interested in assisting the Tibetan refugee communities can contact the Buddhist Peace Fellowship, which has established the Tibetan Refugee Project to help needy Tibetan families, and the Tibetan Refugee Revolving Fund to support efforts towards economic self-sufficiency.

Buddhist Peace Fellowship P.O. Box 4650
Berkeley, CA 94704 (415) 525-8596

On this and the opposite page are some books that provide an in-depth look at the Dalai Lama, Tibetan culture, and the current situation in Tibet.



The Tibetan Royal Year of 2118 March 10, 1991 - March 10, 1992

Freedom In Exile

The Autobiography of the Dalai Lama
By Tenzin Gyatso, The Fourteenth Dalai Lama of Tibet
\$22.95. cloth. ISBN 0060391162.
\$10.95. paper. ISBN 0060987014.

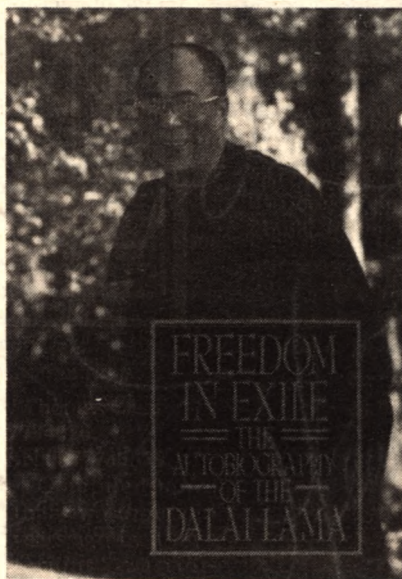
As he states in his foreword, "Dalai Lama means different things to different people. To some it means that I am a living Buddha, the earthly manifestation of Avalokiteshvara, Bodhisattva of Compassion. To others it means that I am a 'god-king.' During the late 1950s it meant that I was a Vice-President of the Steering Committee of the People's Republic of China. Then when I escaped into exile, I was called a counterrevolutionary and a parasite. But none of these are my ideas. To me 'Dalai Lama' is a title that signifies the office I hold. I myself am just a human being, and incidentally a Tibetan, who chooses to be a monk. It is as a simple monk that I offer this story of my life...."

Freedom In Exile is the account by the Dalai Lama of his own life and its pivotal events: the invasion of Tibet by the Chinese and the flight into exile of His Holiness and tens of thousands of his fellow Tibetans. The Dalai Lama devotes fifty pages to his childhood, narrating the sadness of a child undergoing a strict religious training, his enjoyment of the company of the cooks and sweepers who became his companions, and his occasional unruly behavior and reluctance to study. While describing the world of his childhood he also offers a number of glimpses into Tibetan life as it existed before the Chinese invasion.

The Dalai Lama then tells how, at age 15, with virtually no knowledge of the outside world, he assumed political leadership of Tibet as it faced the imminent Chinese invasion. (Chinese troops entered the capital, Lhasa, a few months later in 1951.) Within a few years he was dealing directly with Mao-Tse-Tung and Chou En-Lai, eventually realizing their intention to utterly dominate Tibet and their

complete antipathy towards religion.

His Holiness then narrates how the situation deteriorated as fighting broke out around Tibet until he was finally compelled to flee to India. There, amidst great hardship, refugee settlements and a government in exile were established. The Dalai Lama notes that he had to act somewhat autocratically at that point to get the Tibetans to accept a



more democratic form of government under which even the Dalai Lama could be impeached!

The Chinese invasion threatened virtually to exterminate Tibetan religion had the Dalai Lama and other teachers not fled the country in order to preserve their culture and traditions. Ironically it has served to make the Dalai Lama

accessible to the rest of the world both at his residence in India and through his extensive travels, which he describes while offering some candid observations about the societies he has encountered. His Holiness has also engaged in dialogues with Western scientists and religious leaders, and in this autobiography, explains some of the magic and mystery of his own culture, including trance oracles, reincarnate lamas ("tulku") and Tibetan medicine.

Finally, the Dalai Lama (who received the Nobel Peace Prize in 1989) presents his proposal that Tibet become both a completely demilitarized "zone of peace" and the "world's largest natural park" or biosphere, along with his wish to in some way be of benefit to the Chinese people. Remarkably, while documenting the horrific Chinese atrocities in Tibet during the last forty years, there is no evidence of animosity on the part of His Holiness towards the Chinese.

While offering the Dalai Lama's narration of recent Tibetan history along with insights into Tibetan religion and culture, *Freedom In Exile* is above all a very human document, simply told, with many personal observations and reflections. And while the suffering of the Tibetans has been horrendous, the Dalai Lama remains optimistic about Tibet, and for that matter the world.

On the book's final page, after asking that Tibet not be forgotten, he says:

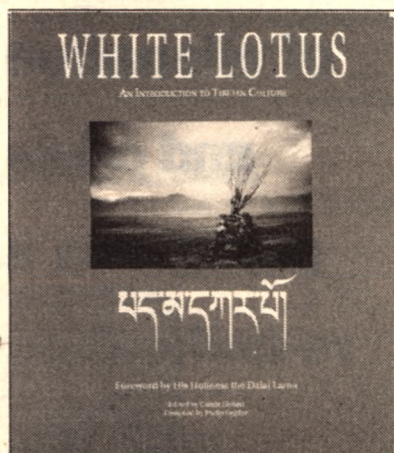
"We, too, hope to contribute to the development of a more peaceful, more humane and more beautiful world. A future free Tibet will seek to help all those in need, to protect Nature, and to promote peace. I believe that our Tibetan ability to combine spiritual qualities with a realistic and practical attitude will enable us to make a special contribution, in however modest a way."

A free Tibet would indeed have something unique to contribute to our troubled world and one hopes that His Holiness's wishes will be fulfilled.—Reviewed by Jim Culman

White Lotus

An Introduction to Tibetan Culture
Edited by Carole Elchert
\$19.95. paper. ISBN 0937938890.

Until the 1950s Tibet was cloistered from a modern world by great mountain ranges and



formidable expanses of desert. Then an invading Chinese army conquered the geography and Tibetan culture barely survived the invasion.

In 1988 an expedition of artists from three continents traveled together from February through July and covered over 7,000 land miles to visit Tibetan communities in Tibet, Nepal, India, and Ladakh. They returned with thousands of slide images, paintings, drawings, sketches, and recordings.

Presented here are sixteen essays, each written by an expert in the field, covering Tibetan life, art, architecture, literature and history. The accompanying photographs provide a rich sensory experience of the culture that survives today in Tibet and in exile.

The Anguish of Tibet

Edited by Petra K. Kelly, Gert Bastian, & Pat Aiello
\$17.00. paper. ISBN 0938077473.

This book chronicles the current situation in Tibet, the Chinese government's attempts to destroy the Tibetan people and their culture, and the nonviolent campaign currently under way to save what has been called "the Last Holy Land on Earth."

Taking a strong political stance, this book sets out to document Tibet as an occupied country, a fact the political leaders of the world ignore in order to protect the billion-person Chinese market.

The book is divided into six sections and covers these topics: The Early History of Tibet, Tibet's Role in the World Community, Human Rights in Tibet, 1950-1991, Tibet's Endangered Environment, Tibet Under Siege, and Political Initiatives and Strategies.

As Pat Aiello notes in the preface, "A growing grass roots movement is steadily working for a free Tibet, calling attention to the grave injustices, bordering on genocide, that Tibet's indigenous population is

suffering. Buoyed by the Dalai Lama's commitment to nonviolence and reconciliation, the movement aims to liberate this occupied country by using information as its arsenal. This book, we hope, will be a weapon in that struggle, serving as a thorough introduction for those who know little about Tibet and as an essential resource for those already familiar with the situation."

My Tibet

Text by His Holiness the Fourteenth Dalai Lama of Tibet, Photographs and Introduction by Galen Rowell
\$35.00. cloth. ISBN 0520071093.

As the Chinese cautiously opened select Tibetan doors to visitors in the 1980s, a sickening realization stole over the rest of the world: Tibet had been ravaged by the Chinese occupation. All but a dozen of Tibet's six thousand monasteries had been sacked and destroyed. Forests had been stripped for lumber. Much of the once-bountiful wildlife had been exterminated. A sixth of the population had perished. The picture seemed so bleak that many observers wondered whether there was anything worth saving in this wounded land.

The Dalai Lama's answer and Galen Rowell's photographs leave no doubt that the mystery and enchantment of Tibet, though seriously endangered, are still alive. Here, in six essays, the



Dalai Lama presents his views on how world peace, happiness, and environmental responsibility are inextricably linked. He

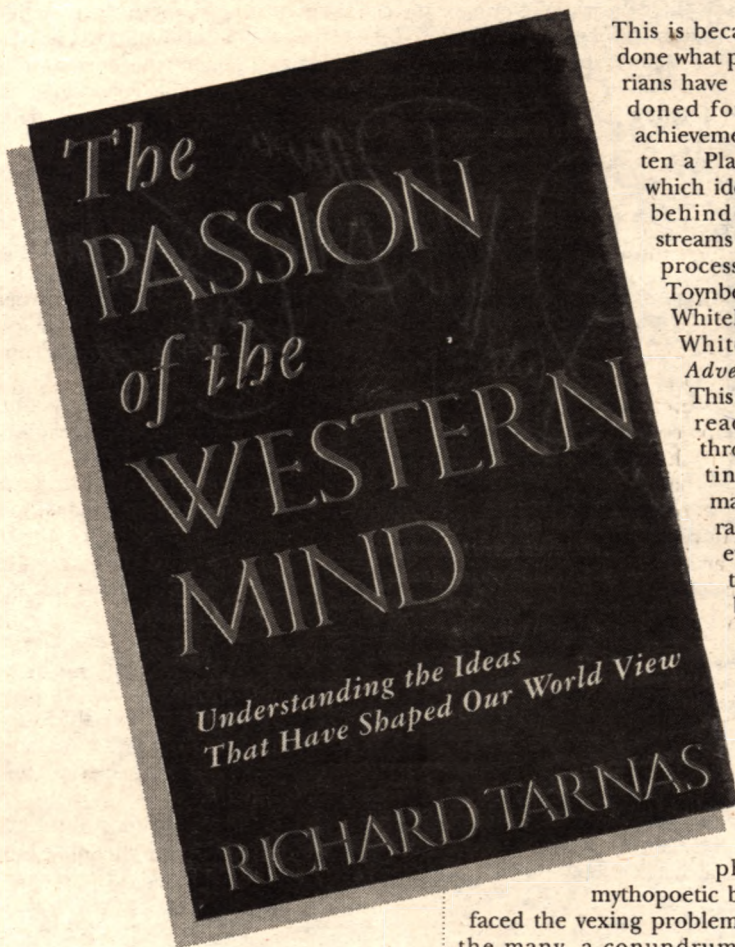


explains the meaning of pilgrimage for Tibetan Buddhists and gives an engaging account of his early life in Lhasa, the capital of Tibet.

In addition, the Dalai Lama reveals many sides to his nature—compassion, profound faith, common sense, generosity, a playful sense of humor—in personal reflections matched here to 108 photographs of the land he hasn't seen since 1959. The combination of the photographs, which express Rowell's own commitment to the natural world, and the Dalai Lama's observations, many of them direct responses to the images, helps preserve the enduring meaning of Tibet's culture, religion, and natural heritage.

The Long Way Home

BY GARY LACHMAN



The Passion of the Western Mind
Understanding the Ideas That Have Shaped Our World View
 By Richard Tarnas
 Harmony Books. \$25.00. cloth.
 ISBN 0517577909.

Lately Western culture has come under attack on several fronts. Feminists see it as a monolithic structure of male dominance. Ecologists accuse it of the ideological underpinnings of the planet's present condition. Non-white races perceive it as a symbol of conquest and oppression. Even university professors have joined in the Euro-bashing. The culture of the dead-white-European male seems to have had its day, and though few voices rise in protest, the most active enterprise in the culture itself is its *auto da fe*.

If this picture seems troubling, you may be glad to know that not all thinkers working within the Western tradition are eager to participate in its self-immolation. There is, for example, Richard Tarnas, an independent scholar who was associated for many years with the Esalen Institute. Tarnas has spent the last ten years writing *The Passion of the Western Mind*, a history of Western thought in which he sets out to show why we should not reject our heritage. The result is a work of high adventure and intellectual daring.

The passion of the Western mind began in ancient Greece, circa 600 B.C., with the slow ascent of speculative thought out of the rich mythological tradition of the Homeric gods and mystery religions. If the advocates of its dismantling are correct, it may end in the anti-climax of the postmodern 1990s. Whatever its fate, in the hands of an empathetic thinker like Tarnas, the story is compelling.

This is because Tarnas has done what professional historians have long since abandoned for more modest achievements: he has written a Platonic history, in which ideas are the force behind the variegated streams of the historical process. One thinks of Toynbee, Spengler and Whitehead—especially Whitehead and his *Adventures of Ideas*. This is not a book to read straight through in long sittings, because it makes one think. It raises questions on every page, questions that similar books can only hope to address.

One of the most fascinating sections of the book is how Tarnas charts the rise of Platonic philosophy out of its mythopoetic beginnings. Plato

faced the vexing problem of the one and the many, a conundrum still troubling philosophers today. Add to this the influence of Socrates, and philosophy became the search for the Good Life—not as we understand it, a life of pleasure and material excess, but the examined life, the ethical life, dedicated to the pursuit of the True and the Beautiful. There is, however, so little of the Good, the True and the Beautiful pursued these days (we are satisfied with the Not So Bad, the Plausible, and the Decorative) that a revival seems imminent.

Although, as A.N. Whitehead remarked, all Western philosophy has been a series of footnotes to Plato, Plato's philosophy did not meet with uncritical acceptance. There was Aristotle. In his critique of Plato's transcendental forms, Aristotle favored an empirical analysis of the physical world, and hence the fundamental tension between the poetic and analytic modes of thought that characterizes the West began.

The *Passion of the Western Mind* traces this dichotomy throughout the intellectual life of the West, drawing out the implications of familiar polarities: masculine and feminine, reason and faith, logos and mythos, heroic and critical, utopian and realist, empirical and ideal, religious and secular. Our culture, Tarnas tells us, has a predilection for a "double-truth universe." We think in parallel grooves, housing 'truths' that are incompatible, yet absolutely necessary. This is nowhere seen more clearly than in the split between the Enlightenment and the Romantic movement. Reason and science revealed a world that seemed ignorant of human presence, operating under cold, mechanical laws, which we could nevertheless manipulate to our advantage. Yet Blake, Wordsworth and

Holderlin sang of union with the mystic forces of the cosmos. In the modern period science has held sway, and we have more or less gotten used to a meaningless universe. Yet the hunger for meaning remains.

Mention of the "modern" period (was it really so long ago?) brings to mind our own time—i.e. the postmodern period, which, apparently, we are smack in the middle of. Tarnas is concerned with the "postmodern condition," and it's here that the book is most troubling, since this is when history catches up to us. It may seem strange that an adventure that began with reason leading the mind out of the cave of nescience should end in its own self-destruction. However, this seems to be the case, given the postmodern recognition of "the insuperable solipsism of human awareness against the radical illegibility of the world..." Optimistic, Tarnas plays down the element of futility in much of postmodern anti-thought, admitting, though, that it has been prone to "a dogmatic relativism and a compulsory fragmenting skepticism, ...cynical detachment and spiritless pastiche." His kid gloves are acceptable because Tarnas sees the current fads as part of a much larger, more encompassing shift in human experience. One doesn't want to label this "New Age," since Tarnas and his concerns are more serious than trendy labels, but it is clear he anticipates a reawakened spirituality. This is to come about through a reintegration of "the feminine" into our overtly masculine consciousness. And while the use of gender terms to characterize a metaphysical crisis is problematic, Tarnas has the right idea. After taking us on the long journey from Plato's cave and back again, the author reflects on the possibilities open to us, and suggests there is a way out.

Drawing on the work of psychiatrist Stanislav Grof, archetypal psychologist James Hillman, and the tradition of participatory epistemology running counter to the accepted dualistic paradigm (and associated with such figures as Goethe, Coleridge, and in our time, Rudolf Steiner), Tarnas believes he has glimpsed a pattern of development that encompasses the whole of our culture, from its beginnings in the brilliant Greek dawn, to its apparent end in the smog-laden sunset of the postmodern evening. (We cannot have reached the night quite yet, otherwise books like this couldn't be written.) Tarnas maintains that the dizzying peregrinations of postmodern thought are not the expression of random process, but are the contours of a highly complex pattern of evolution; in this he shares much with recent developments in chaos theory. Tarnas adopts Grof's paradigm of a cosmic birth trauma, one of the stages of which is the debilitating alienation we experience as "modern" consciousness, and which he traces throughout Western thought from its inception in Descartes and the scientific quest for "objectivity," to its paralytic expression in writers like Beckett and Kafka.

This alienation, which has reached its most efflorescent expression in recent critical schools like deconstructionism, is not, Tarnas says, the end of the road. For according

to Grof's birth paradigm, the period of alienation and crisis prefigures a reunification with the source of being, and this, Tarnas tells us, has been the impetus behind Western man's long odyssey—not Western woman's, since it is towards her that we men have been slowly slouching our way. We can say we've taken the long way home.

Home itself, Tarnas notes, is something much more like what the poets and mystics have intimated, and he corroborates this through recent developments in archetypal psychology, and the participatory epistemology of thinkers like Steiner. Briefly put, archetypes evolve through human consciousness and are expressed in history. Most upsetting to our longstanding notion of the insularity of the human psyche, phenomena like synchronicities show that there is a real continuity between the inner and outer worlds. The recent resurgence of interest in the spiritual life—a reawakening of the Goddess, a renaissance in primitive mysticism, the plurality of spiritual paths that characterizes "New Age" philosophy—suggest that a new archetype has been activated, and this, Tarnas believes, will lead to a new wholeness in the individual and society. A new paradigm of humanity will arise, one in which human consciousness is not mysteriously grafted onto reality, nor thrown into the world as the existentialists believed, nor is an epiphenomenon of an ultimately material universe, but is somehow co-creator of the cosmos, an agent of the life force operating in this epoch of its development. This Tarnas sees as our heritage. A more optimistic vision we could hardly hope for.

Ultimately this optimism sustains the narrative. History is a series of crests and troughs. Provincial historians of the West have seen only the crests. Its critics have made an industry of pointing out the troughs. We should be grateful that a scholar like Tarnas devoted ten years to unifying these equally short-sighted views, and has the vision to see what may lie beyond.

**'... the period
of alienation
and crisis
prefigures a
re-unification
with the
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being ...'**

■ Eastern Traditions

The Eye Never Sleeps

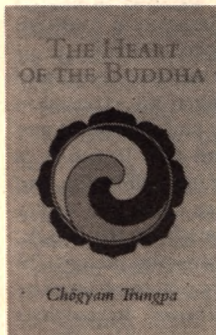
Striking to the Heart of Zen
By Dennis Genpo Merzel
\$11.00. paper. ISBN 0877735697.



The radical challenge of Zen Buddhism is to drop all assumptions and prejudices and experience the truth directly. American Zen teacher Dennis Genpo Merzel brings new life to this ancient wisdom through his commentaries on a classic Chinese Zen scripture, "Verses on Faith-Mind," by the Third Patriarch of Zen, Sosan Zenji. The author strikes to the heart of Zen with clarity and force, expressing in modern terms, to an American audience, the essential wisdom and compassion of Sosan Zenji's famous poem. Full of colorful Zen lore and personal anecdotes from Dennis Genpo Merzel's life, these talks impart the Buddha's teaching directly and intimately, illuminating in simple words the timeless questions and problems of day-to-day life.

The Heart of the Buddha

By Chogyam Trungpa
\$14.00. paper. ISBN 0877735921.

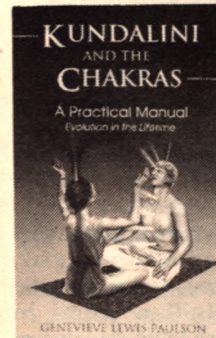


This compelling collection of essays, talks, and seminars by Chogyam Trungpa presents the basic teachings of Buddhism as they relate to everyday life. The book is divided into three parts. In "Personal Journey," the author discusses the qualities of openness, inquisitiveness, and good humor that characterize the enlightened Buddha-nature in everyone. In "Stages on the Path," he presents the three vehicles—Hinayana, Mahayana, and Vajrayana—that carry the Buddhist practitioner toward enlightenment. In "Working with Others," he describes the direct application of Buddhist teachings in such areas as relationships, children, and money.

Chogyam's Trungpa's great appreciation of Western culture combined with his deep understanding of the Tibetan tradition makes these teachings uniquely accessible to Western readers.

Kundalini and the Chakras

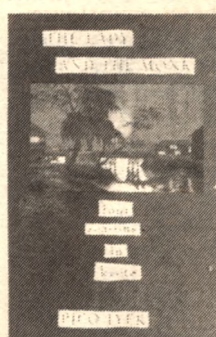
A Practical Manual—Evolution in this Lifetime
By Genevieve Lewis Paulson
\$12.95. paper. ISBN 0875425925.



We all possess the powerful evolutionary force of Kundalini that can open us to genius states, psychic powers and cosmic consciousness. As the energies of the Aquarian Age intensify, more and more people are experiencing spontaneous Kundalini releases that are incredibly powerful and sometimes startling. This book shows you how to release Kundalini gradually and safely. The section on Chakras brings new understanding to these "dials" on our life machine (body). It is the most comprehensive information available for cleansing and developing the chakras and their energies.

The Lady and the Monk

Four Seasons in Kyoto
By Pico Iyer
\$22.00. cloth. ISBN 0679403086.



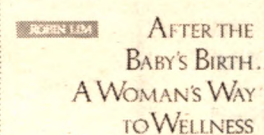
When Pico Iyer decided to go to Kyoto and live in a monastery, he had several things in mind. He wanted to learn about Zen Buddhism from the inside. He wanted to get to know Kyoto, one of the loveliest old cities in the world. And he wanted to find out something about Japanese culture today—not the world of businessmen and production lines, but the traditional world of changing seasons and the silence of the temples, of images woven through literature, of the lunar Japan that still lives on behind the rising sun of geopolitical power.

Iyer found these things and more. He met a young married Japanese woman named Sachiko, who became his friend and guide. Together they explored a Japan most Westerners only dream about.

■ Family Education and Childbirth

After the Baby's Birth... A Woman's Way to Wellness

A Complete Guide for Postpartum Women
By Robin Lim
\$14.95. paper. ISBN 0890875901.



How to care for your baby and yourself in the weeks and months following the birth is essential information many mothers don't have. Here, childcare and women's wellness expert Robin Lim presents discussion, guidance, and tips on the best methods of care during this crucial and very special time of your baby's young life and for mother's well-being as well.

With a focus on natural and wholesome practices, this book is a sensitive, practical guide to postpartum health, with useful advice on parental nurturing, breastfeeding, the role of the father, nutrition, early sensory education, and the all-importance of love.

Also included are chapters on the first days postpartum, pelvic health, postpartum exercise, and personal stories from mothers.

Awakening the Hidden Storyteller

How to Build a Storytelling Tradition in Your Family
By Robin Moore
\$15.00. paper. ISBN 0877735999.

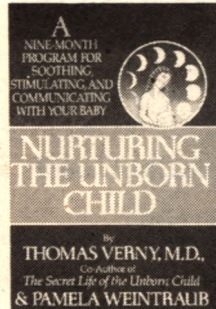


Inside each of us is a natural-born storyteller, waiting to be released. Starting with this simple idea, storyteller Robin Moore guides parents and children in creating, telling, and listening to stories—activities the whole family can enjoy together. He shows how to use these storytelling skills to recover lost family memories, escape the tyranny of the clock in a quest for "quality time," and

give parents a greater involvement in their children's lives. This is an excellent resource for building a storytelling tradition in your home.

Nurturing the Unborn Child

A Nine-month Program for Soothing, Stimulating, and Communicating with your Baby
By Thomas Verny, M.D. & Pamela Weintraub
\$18.00. cloth. ISBN 0385300921.



Tell a pregnant woman that her unborn child hears her voice or senses her love and she's bound to agree. For mothers intuitively know what scientists have only recently learned: that the unborn child is a deeply sensitive individual who forms a powerful relationship with his or her parents—and the outside world—while still in the womb.

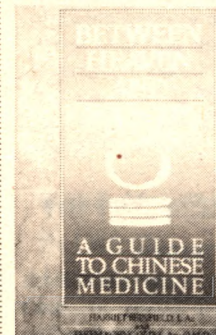
To help parents nurture a relationship with their child before his or her birth, the authors have developed a unique nine-month program. By following this program, parents discover what every baby perceives at each stage of development and then practice exercises to explore each stage accordingly.

Using the exceptional techniques within this book, parents can communicate with the developing baby, strengthening the life-long parent-child bond and helping to make the gestation period one of serenity and warmth.

■ Health & Cooking

Between Heaven and Earth

A Guide to Chinese Medicine
By Harriet Beinfield & Efreim Korngold
\$20.00. cloth. ISBN 0345359437.



In this book, two of the foremost American educators and healers in the Chinese medical profession demystify the centuries-old Chinese approach to health. Harriet Beinfield and Efreim Korngold, pioneers in the practice of acupuncture and herbal medicine in the West for over

eighteen years, explain the philosophy behind Chinese medicine, how it works and what it can do. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, *Between Heaven and Earth* addresses three vital areas of Chinese medicine—theory, types, and therapy—to present a comprehensive yet understandable guide to this ancient system.

The Spice of Vegetarian Cooking

Ethnic recipes from India, China, Mexico, Southeast Asia, the Middle East, and Europe
By Martha Rose Shulman
\$10.95. paper. ISBN 0892813997.



Award-winning author Martha Rose Shulman brings her international cooking expertise to this selection of vegetarian recipes from the world's best-loved cuisines. Each dish is characterized by its unique combination of spices—the ingredients that have for centuries given ethnic food its distinctive allure.

Every course (from breads and soups to entrees, salads, beverages, and desserts) is represented in these inspired selections. An introduction and glossary of spices explain lesser-known facts about the ingredients used, preparing you to make the very most of dishes such as Velvet Corn Soup with Green Chili; Watercress, Orange, Fennel, and Tomato Salad; Eggplant Moussaka with Tofu Bechamel; Sweet Saffron Pilaf with Fruit; and Potato and Avocado Tacos with Green Salsa.

The diverse collection of recipes here will familiarize you with spices you may never have cooked with before. And if you are already at home with these fragrant and magical ingredients, it will broaden your repertoire with unusual and delectable discoveries.

■ General Religion

Angels

An Endangered Species
By Malcolm Godwin
\$19.95. cloth. ISBN 0671706500.



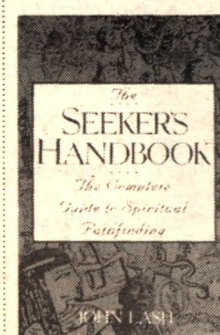
Since ancient times, humankind has been intrigued by angels, the awe-inspiring, luminous beings who hover somewhere between God and man in their flight through spirit, imagination and, possibly, the sky. Theologians have spent lifetimes debating them. Artists have spent careers painting them. And, more recently, psychologists like Carl Jung have devoted many careful hours trying to explain why the angel archetype still commands so much richness and power.

In this beautiful book Malcolm Godwin takes you on a guided tour through angel lore from ancient times to the present. Many "winged messengers of the miraculous" are presented: Metatron, the mighty angel of the Kabbalah, who is said to once have been Enoch the patriarch; Gabriel, the only female archangel; the Ofanim, the ancient beings who resembled resilient, many-eyed wheels; and many others, including possible modern day equivalents.

Song lyrics, lush tapestries, gorgeous paintings, ancient tablets, charts, diagrams and both black and white and color drawings are included throughout this splendidly illustrated book.

The Seeker's Handbook

The Complete Guide to Spiritual Pathfinding
By John Lash
\$25.00. cloth. ISBN 0517577976.



The spiritual quest is ages old, but never before have seekers been faced with so many options for spiritual development. This book is a compass in book form, a treasury of vital and hard-to-gather information about spiritual traditions both old and new. From shamanism to Sufism, from Gnosticism to Gurdjieff, from Native American beliefs to the new physics, *The Seeker's Handbook* clarifies the issues, challenges, and resources facing the spiritual seeker in a broad, unbiased way.

Designed for easy access, it has three sections: a selection of indispensable source-books; essays delineating significant themes that link the diverse realms of spiritual experience; and a 1,000-entry dictionary. Using a thorough system of cross-references, this

handbook encourages the reader to meander through its pages, enjoying the self-direction and spontaneous discovery that are the essence of the spiritual quest.

Literature

Kahlil Gibran

His Life and World

By Jean Gibran & Kahlil Gibran
\$16.95. paper. ISBN 0940793709.

This definitive biography of Kahlil Gibran—author of *The Prophet*—traces the phenomenon of a first-generation immigrant succeeding in twentieth-century American arts and letters.

Drawing upon never-before-published letters and documents, the authors describe Gibran's boyhood in Lebanon, his family's impoverished years in turn-of-the-century Boston, and his eventual friendship with that city's intellectual and artistic elite.



How Gibran survived the inevitable cultural shock of the New World, became a part of the New York creative avant-garde, and at the same time sought to preserve his ethnic identity by working for justice in the Middle East are recorded

in great detail. The background of his most famous work, *The Prophet*, is presented through original source material, which documents a startling sequence of allusions, beginning while Gibran was still in the Boston slums and culminating in a remarkable self-fulfilling prophecy.

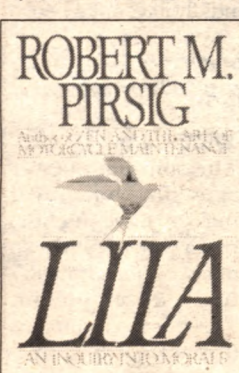
The two authors are unusually qualified to present this story, which will make obsolete all previous accounts and will become the definitive study of this extraordinary and well-loved writer. The younger Kahlil Gibran, a distinguished Boston sculptor, is the poet's cousin and namesake. Over a thirty-year period, he was entrusted with a formidable body of manuscripts, letters, drawings and memorabilia left by the poet. Jean Gibran, a school teacher, has worked closely with her husband on the biography.

Lila

An Inquiry Into Morals

By Robert M. Pirsig

\$22.50. cloth. ISBN 0553077376.



"Phaedrus had once called metaphysics 'the high country of the mind'—an analogy to the high country of mountain climbing. It takes a lot of effort to get there and more effort when you arrive, but unless you can make the journey you are confined to one valley of thought all your life."

Robert M. Pirsig wrote one of the most celebrated books of our time, *Zen and the Art of Motorcycle Maintenance*. *Lila* is his first new work in more than fifteen years: a poignant journey and passionate philosophical exploration of what we live for that examines the essential issues of the nineties as his previous classic did the seventies.

In this book a cruising sailboat instead of a motorcycle carries the philosopher-narrator Phaedrus down the Hudson River as winter closes in. Phaedrus has a most unlikely traveling companion: a woman named Lila, picked up in a riverside bar, who in her desperate sexuality, hostility, and oncoming madness threatens to disrupt his life's work.

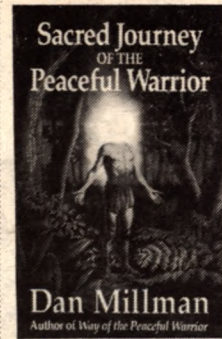
Lila is the story of their catastrophic-comic encounter and an account of the philosophical crisis Lila provokes in Phaedrus, who has been wrestling for years with his Metaphysics of Quality. For *Lila* poses in human terms the essential questions: What is good? What role do values play in our lives? How can people disagree so murderously on right and wrong?

Pirsig's narrative is interspersed with meditations on an astonishing range of ideas, from Native American ceremonies to Victorian society to the decline of our cities. Like that other great river traveler Mark Twain, Robert M. Pirsig brings us both an unforgettable journey and an extraordinary exploration of American identity and destiny.

Sacred Journey of the Peaceful Warrior

By Dan Millman

\$11.95. paper. ISBN 0915811332.



This is the inspiring sequel to the best-selling *Way of the Peaceful Warrior*. Four years after training with the old warrior he calls Socrates—in spite of all he has learned—Dan Millman confronts personal failure and growing frustrations. Disillusioned with his life, unable to bridge the gap between

knowing and doing, Dan sets out on a worldwide quest to rediscover his sense of purpose and source of inspiration.

A buried memory sends Dan on a search for a woman shaman, deep in a Hawaiian rain forest. She is the gateway to all his hopes and his fears—and only she can prepare him for what is to come.

In worlds of shadow and light, Dan encounters inner tests, mortal challenges, shocking revelations, and unforgettable characters as he ascends the warrior's path to wisdom and peace. This is the sacred journey we all share, the journey to the Light that shines at the heart of all our lives.

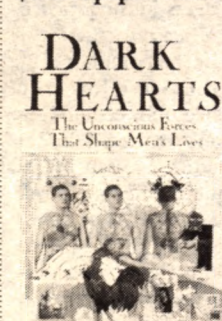
Men's Studies

Dark Hearts

The Unconscious Forces That Shape Men's Lives

By Loren E. Pedersen

\$15.00. paper. ISBN 0877734917.



This book offers fresh perspectives on men's behavior, attitudes, and psychological difficulties by tracing the development of masculinity within the context of the anima, C.G. Jung's term for a man's inner feminine nature. Drawing upon evolution studies, anthropology, mythology, psychology, and

his personal and professional experience, Dr. Pedersen shows how this mysterious "other" part of a man's self is a vital influence on behavior as well as on emotional and spiritual growth.

To Be A Man

In Search of the Deep Masculine

Edited by Keith Thompson

\$12.95. paper. ISBN 0874776376.

What does it mean to be a man, to live with a deep awareness of a masculine sense of self? This question lies at the root of the eighty-nine essays that compose this book. Together they make up a lively exploration of the confusing roles and contradictory feelings that many men experience today.

This question also fuels the men's move-

ment and the hundreds of workshops around the country that are drawing men to examine their identities and their purpose.

Editor Keith Thompson, a journalist whose seminal interview with poet Robert Bly on "what men really want" helped to launch the men's movement, and his carefully selected contributors propose no simple answers, no formulas for how to find the deep masculine. Rather, they suggest that there are many masculinities—multiple ways to be a man and uncover male depth.

This collection of essays looks at a wide range of topics: male competition, fear, anger, and grief; masculine sexuality and desire; male rites of passage; loving, losing and leaving women; the changing roles of fathers and sons; the meaning of success, work, and the creative spirit; the value of keeping male company; the fears and rewards of growing older; and many more topics pertinent to daily life.

This collection, filled with insight, poetry, literature, and wisdom, can serve as an indispensable map for the new male who seeks core masculine values that bring honor, respect, sensitivity, and fulfillment.

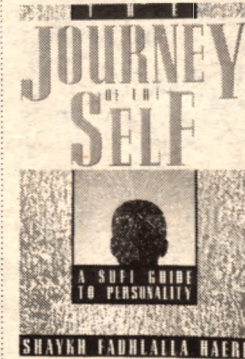
Middle Eastern & African Religions & Culture

The Journey of the Self

A Sufi Guide to Personality

By Shaykh Fadhlalla Haeri

\$16.95. cloth. ISBN 0062503766



This unique guide to spiritual psychology presents Western readers with an Islamic concept of personality—the source from which the Enneagram and other Sufi theories of personality were derived.

Introducing a basic model of the self, Haeri describes a simple yet complete outline of its emergence, development, sustenance, and growth toward highest potential. The journey consists of five distinct yet connected worlds that together complete the cycle of the integrated self: the world of absolute unitive reality, the world of inner dependence, the world of outer dependence, and the world of inner reliance. Each phase is dependent upon, and a product of, the previous phase. Each phase unfolds into the next. In this world of great spiritual hunger, *The Journey of the Self* provides a genuine spiritual psychology that speaks directly to us all.

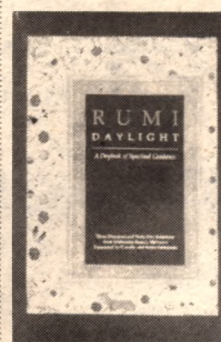
Rumi: Daylight

A Daybook of Spiritual Guidance

Translated by Camille and Kabir Helminski

\$19.00. cloth. ISBN 0939660350.

The spiritual influence of Jelauddin Rumi is being strongly felt by people of diverse beliefs throughout the Western World. He is being recognized here in the West, as he has been for seven centuries in the Middle East and Western Asia, as one of the greatest literary and spiritual figures of all time. Rumi is a spokesman for the religion of love in the language of the heart.



A variety of new translations that have appeared during the nineteen-eighties have brought forth a variety of Rumi's qualities. This book presents his spiritual teachings concisely and comprehensively, in a translation that touches heart and mind.

The *Mathnawi*, from which these selections have been taken, can justifiably be considered the greatest spiritual masterpiece ever written by a human being. Its content includes the full spectrum of life on earth, as well as the vertical dimension to the highest levels of metaphysics and cosmic awareness. 365 selections from the *Mathnawi* are translated here by Camille and Kabir Helminski. The book can be used as a cycle of readings that provide insight or it can be opened at random for support and spiritual refreshment.

"Know that the outward form passes away, but the world of reality remains forever. How long will you play at loving the shape of the jug? Leave the jug; go, seek the water!"—from the book.

Talk That Talk

An Anthology of African-American Storytelling

Edited by Linda Goss & Marian E. Barnes

\$12.95. paper. ISBN 0671671685.

Overflowing with wisdom and humor, this is a comprehensive collection of favorite tales from the vigorous and vibrant oral tradition of African-American folklore.

Transcending a history of oppression and struggle, Black storytelling is an expression of great social complexity and profound aesthetic significance. Woven into its fabric is the essence of Black language, life-style, and survival. Included here are close to 100 stories by famous yarn-spinners from the U.S.A., Africa, and the Caribbean—plus insightful



commentaries from historians and critics. There is a tremendous range of authentic stories: from animal tales, personal "truth tales," and cherished legends to poems, raps, sermons, and heroic biographies.

Among the storytellers here are Maya Angelou, Nikki Giovanni, Zora Neale Hurston, Martin Luther King, Jr., Dick Gregory, Leadbelly, Langston Hughes and Winnie Mandela.

Native Americans

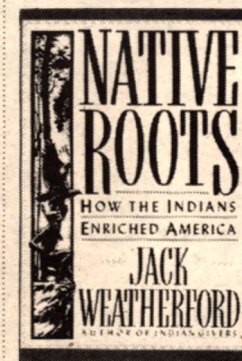
Native Roots

How the Indians Enriched America

By Jack Weatherford

\$21.00. cloth. ISBN 0517574853.

This book is an intensive study of the Indians of North America and their essential role in the making of the United States. Jack Weatherford, a cultural anthropologist, maintains that the Indian role in shaping our shared society in America is still terra incognita. He explores some of those many areas of America and its past and present that expose its unknown heritage. In the words of the author, "Culture does not live in

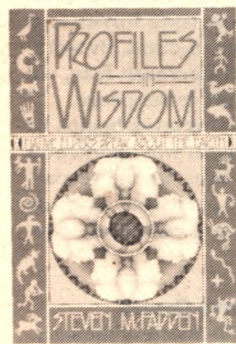


blood or genes; it lives in the way of life, in the attitudes and values, in the types of foods eaten, the clothes worn, and the institutions established."

Native Roots shows how Indians made foreigners into Americans; how in actuality foreigners "grafted European society, language, and culture onto an ancient stem." It is this "ancient stem" that has allowed trade, heritage, language, and culture to evolve into the modern American we know today.

Profiles in Wisdom

Native Elders Speak About the Earth
By Steven McFadden
\$12.95. paper. ISBN 0939680718.



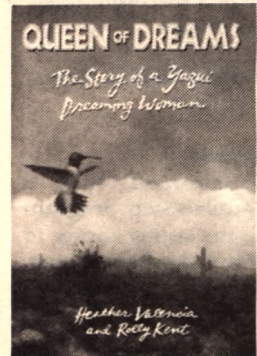
As our existing culture shifts, what do the ancient ones who have been trained in the sacred traditions of this land have to say to us? With this question, Steven McFadden began his quest to interview Native American elders, who counsel that we must reestablish a deep and lasting connection to

the planet in order to ensure its preservation. Included are Dhyani Ywahoo of the Etowah Cherokee; Huichol shaman don Jose Matsuwa; Mayan daykeeper Hunbatz Men; and Dr. Eunice Baumann-Nelson, a Penobscot Indian.

Queen of Dreams

The Story of a Yaqui Dreaming Woman
By Heather Valencia & Rolly Kent
\$19.95. cloth. ISBN 0671694472.

From earliest childhood Heather Valencia had vivid dreams, in some of which events were revealed to her. In one of her recurring dreams, she would travel to a pre-Columbian world to join a mysterious, shadowy figure, a powerful spiritual leader. As she grew older, Heather married and raised a son, but her dreams continued and she found herself increasingly drawn to the desert of southern Arizona. She finally decided to travel there, particularly to witness the colorful and famous Easter deer dance ceremony, and when she did, she met the mysterious figure of her dreams.



This book is Heather Valencia's true story: her journey to Yaqui, and her experiences with Anselmo Valencia, the spiritual leader of the Yaqui people and Heather's future husband. Heather

describes her passionate love affair with Anselmo, her discovery of the rich Yaqui spiritual tradition under Anselmo's guidance, and her otherworldly spiritual explorations. She also describes her meeting with powerful women teachers whose influence helped bring her into contact with the Yaqui women and how she became a member of the powerful circle of Dreaming Women.

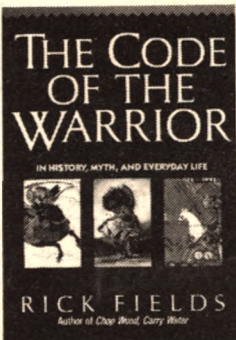
New Age Philosophy

The Code of the Warrior

In History, Myth, and Everyday Life
By Rick Fields
\$15.00. paper. ISBN 006096605X.

Though these traditions are as varied as the cultures they come from—the samurai of Japan, the Plains Indians of North America, and the knights of medieval Europe—they share much with each other and the problems we face in our lives. Through their

teachings about the nature of aggression, competition, and physical and mental struggle, the warrior traditions provide a practical guide to living in a difficult and challenging world. Each embraces a spiritual code to



serve as a path of personal development, combining bravery and gentleness, exhibiting a fierce compassion for others, and emphasizing self-mastery, will, and patience as well as courage and integrity.

In *The Code of the Warrior*, noted author Rick Fields illustrates the enduring power and significance of the function of the warrior in society. He shows that whether a culture reveres or reviles battle, the warrior is always an essential part of society. Finally, Fields explores

ways in which our world calls for a new warrior spirit and how this spirit can be forged for each of us from the ways of the past.

Dance While You Can

By Shirley MacLaine
\$22.50. cloth. ISBN 0553076078.



At the age of fifty-seven, after nearly four decades in Hollywood, Academy Award-winning actress and entertainer Shirley MacLaine is still moving us to laughter and tears in major film roles, still high-kicking on stage in live performances—still searching for the truth within herself. In this, her most intimate memoir yet, she examines with courage and

candor her feelings about aging, relationships, work, her parents, her daughter, and her own future as an artist and as a woman.

Illustrated with 32 pages of personal family photographs, here is a rich, revealing look at a woman in the prime of her life and the height of her powers as an artist. Shirley explains how she has struggled to cope with fears of success and failure; how she deals with creative pressures; and her constant quest for understanding her deeper identity—this is the down-to-earth book Shirley MacLaine's readers have long awaited.

Do It

Let's Get Off Our Butts
By John-Roger & Peter McWilliams
\$20.00. cloth. ISBN 0553075799.

Within each of us is a dream—a heart's desire. For some it's a professional or a career goal; for others, it's a relationship or a family. It might be a political or social desire, or it may be a religious or spiritual one.

Shambhala

INDIAN HERBALOGY OF NORTH AMERICA

Alma R. Hutchens
For more than twenty years this pioneering work has served as the "bible" of herbalists throughout the world. It is an illustrated encyclopedic reference to more than 200 medicinal plants found in North America, with descriptions of each plant's appearance and uses, and directions for methods of use and dosage. Native American traditions are compared with traditional uses of the same plants among other cultures where the science of herbs has flourished, particularly in Russia and China. Included is an annotated bibliography of pertinent books and periodicals.
\$17.00 Paperback
0-87773-639-1

BENEATH A SINGLE MOON
Buddhism in Contemporary American Poetry

Edited by Kent Johnson and Craig Paulenich
Introduction by Gary Snyder
This extraordinarily rich and diverse collection of over 250 poems and 30 essays by 45 contemporary American poets whose work has been influenced by Buddhism "provides compelling evidence of a continuing preoccupation in American thought, from Emerson, Thoreau, and Whitman to the poets here represented. It is the human search for locating home... to let go of our 'lives' and so live them." — Robert Creeley
\$20.00 Paperback
0-87773-535-2

CREATING MANDALAS
For Insight, Healing, and Self-Expression

Susanne F. Fincher
Foreword by Robert A. Johnson
The traditional designs known as mandalas were recognized by C.G. Jung as symbolic representations of the Self. This book is a practical guide to mandala drawing for personal growth, stress reduction, and creative expression. Sixteen full color pictures illustrate the text.
\$15.00 Paperback
0-87773-646-4

THE INNER CHILD IN DREAMS

Kathrin Asper
Jungian analyst Asper shows how an understanding of the symbolism of the child in dreams can help us make healing contact with our own inner child — both the child that we once were and the creative, spontaneous side of our nature.

"A major contribution to the growing inner-child literature."
— Jeremiah Abrams, author, *Reclaiming the Inner Child*
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A C.G. Jung Foundation Book

THE WISDOM OF NO ESCAPE
And the Path of Loving-Kindness

Pema Chödrön
Inspirational teachings from an American Buddhist nun who is a foremost student of Chögyam Trungpa. This is a book about saying yes to life, about making friends with ourselves and our world, about accepting the delightful and painful situation of "no exit."
\$10.00 Paperback
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JUNG, JUNGIAN, AND HOMOSEXUALITY

Robert H. Hopcke
This important book examines the way in which Jung and Jungians have regarded homosexuality both clinically and theoretically, then goes on to propose a view of homosexuality that is archetypally based, empirically supportable, psychologically profound, and spiritually evocative.
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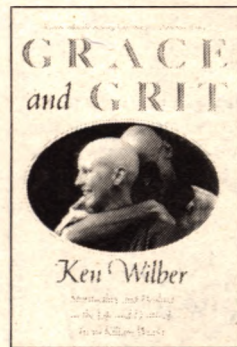
SHAMBHALA PUBLICATIONS, INC.



Unfortunately, many people are not pursuing their heart's desire. Some are so far away from living their dream that they have forgotten what their dream truly is.

Do It! is a book for those who want to discover their dream, pursue it, have some fun along the way and who are willing

to expand their comfort zone enough to include their heart's desire. The secret lies in the doing.



Grace and Grit
Spirituality and Healing in the Life and Death of Treya Killam Wilber

By Ken Wilber
\$25.00. cloth.
ISBN 0877736359.

In 1983, psychologist Ken Wilber met the intelligent, beautiful Terry Killam. It was "love at first touch," and after a

short courtship, they were married. Only a week later, Terry—later to change her name to Treya—was diagnosed with breast cancer. Their honeymoon was spent in the hospital, an ominous portent of the couple's five-year marriage, illness, and, finally, Treya's death.

Grace and Grit combines Treya's journals and Ken's wide-ranging narrative to vividly convey the inner experience of their ordeal. Treya's account of her illness draws the reader into a compelling drama filled with twists so unexpected that no novelist would attempt them.

Planet Drum

A Celebration of Percussion and Rhythm
By Mickey Hart and Frederick Lieberman, with D.A. Sonneborn
\$24.95. paper. ISBN 0062503979.



Drawing on cultures from a round the world, *Planet Drum* takes a panoramic look at the mystery of drumming from "the big bang" to the present. It fea-

tures chapters on the Origins of Percussion (with origin stories and myths); Rhythms of Work, War, and Play; Rhythms of Life and Death (the Bacchanal, the dance of death, trance, vodun, carnival, shamanism); Sculptures of Sound (a survey of percussion instruments around the world); and finally Planet Drum (portraits of the Circle of the Drum). Planet drum will captivate readers with the scope, power and richness of its vision.

Also available on CD & Cassette

Planet Drum

A Companion Recording of Percussion and Drumming. Produced by Mickey Hart
\$16.98. CD. ISBN 0062504568.
\$10.98. Cassette. ISBN 0062504576.

Reimagination of the World

A Critique of the New Age, Science, and Popular Culture
By David Spangler & William Irwin Thompson
\$12.95. paper. ISBN 0939680920.

"New Age" is a term often used as a way of talking about the future—as a vision of a new



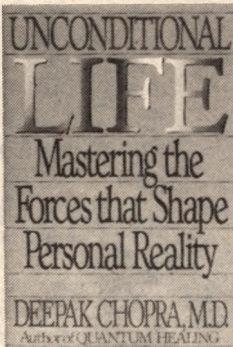
world still to be born. David Spangler and William Irwin Thompson believe that for this reason alone the entire twentieth century deserves to be called the "New Age." In *Reimagination of the World*, they dialogue on the New Age movement, the popular

culture of the 1970s and 1980s, ecological concerns, and the evolution of human scientific intelligence. With wit and insight, they offer a unique perspective on a period of rapid change in consciousness and planetary responsibility, as well as a vision of new artists, new scientists, and emerging communities.

Unconditional Life

Mastering the Forces that Shape Personal Reality
By Deepak Chopra, M.D.
\$21.50. cloth. ISBN 0553076094.

Deepak Chopra has emerged as one of the most powerful writers in the field of mind-body medicine. His extraordinary bestseller *Quantum Healing* explored the mind's connection to seemingly miraculous recoveries from cancer and other serious illnesses. Now he undertakes an even greater challenge: healing the emotions and spirit as a means to achieve total freedom.



His new inquiry begins with the urgent questions of a physician who cares deeply for his patients' humanity: Why do some patients "do all the right things" and still not improve? Why do the terminally ill often seem relieved, almost happy, as if dying was teaching them how to live for the first time? Can human beings learn only through suffering, or is there another way to find meaning and fulfillment?

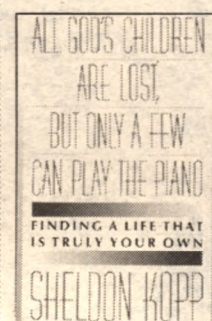
Filled with dramatic case histories, this book brings together disciplines ranging from modern physics and neuroscience to the ancient traditions of Indian wisdom. Dr. Chopra's thesis is that our perception creates our experience—we live inside the boundaries of our conditioning, and yet boundless freedom lies outside them.

Every reader will take from this book a deepened awareness of the powers of consciousness and an inspiring new vision of our unlimited potential.

Psychology

All God's Children Are Lost, But Only a Few Can Play the Piano

Finding a Life That Is Truly Your Own
By Sheldon Kopp
\$8.00. paper. ISBN 013026881X.



Therapist and author Sheldon Kopp tackles one of life's biggest philosophical challenges: How to find personal identity while dealing with our basic aloneness. In this reassuring, empowering book, Sheldon Kopp directly addresses these perplexing and soul-searching philosophical questions.

Drawing upon legends, myths, folk tales, his own work as a psychotherapist, and personal experience—including his life-changing confrontation with death—he presents his inspir-

ing, comforting answer: the path to wholeness and inner peace lies in celebrating your uniqueness and singularity.

The Awakened Heart

Living Beyond Addiction
By Gerald G. May, M.D.
\$16.95. cloth. ISBN 0060655445.



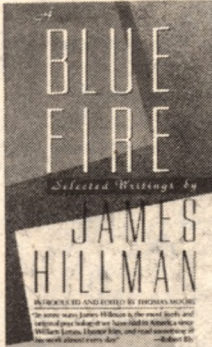
Dr. May examines how our yearning for connectedness, communion, creation, and joy is both powerful and universal. This longing is at the core of most of our actions, sometimes prompting joyful expansiveness and at other times causing us to feel empty and fearful. Our addictive and compulsive behaviors act as an anesthesia, protecting us from the risk and vulnerability involved in feeling and sharing our desires.

In this way, addictions help us mask our true desires and offer an illusion of control, but they cannot fulfill our need for love and communication.

Integrating the wisdom of psychology, ancient and contemporary spiritual practices, May explores ways of tapping into the profound love we desire using exercises and reflection to overcome our fear of freedom and change.

A Blue Fire

Selected Writings by James Hillman
By James Hillman, introduced and edited by Thomas Moore
\$11.00. paper. ISBN 0060921013.



A vitally important introduction to the theories of one of the most original thinkers in psychology today, *A Blue Fire* gathers selected passages from many of Hillman's seminal essays on archetypal psychology.

Perfect for the layman who wants an overview of Hillman's work, the anthology ranges from popular pieces about betrayal and suicide to humorous, biting commentaries on everyday life, and includes think-pieces exploring psychological polytheism, family dreams, the poetic basis of mind, and love.

Creating Mandalas

For Insight, Healing, and Self-Expression
By Susanne F. Fincher
\$15.00. paper. ISBN 0877736464.



This book is a practical and inspiring guide to creating the circular drawings known as mandalas. The author introduces the history and ritual use of mandalas in cultures all over the world; offers guidance in choosing art materials, techniques, and colors, numbers, shapes, and motifs such as birds

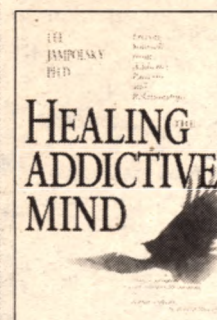
and flowers. She also presents several illustrated case histories of people who have used her techniques. Fincher is an art therapist who has presented her work at numerous psychology and religion conferences and workshops over the past thirteen years.

Healing the Addictive Mind

Freeing Yourself from Addictive Patterns & Relationships
By Lee Jampolsky, Ph.D.
\$9.95. paper. ISBN 0890876231.

This is the first exploration of changing

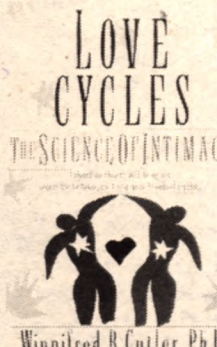
addictive behaviors based on teachings from *A Course in Miracles*. Addiction is a human condition that affects



most people—fixed in habits of thinking that keep us stuck always awaiting something else, something more, to make our lives complete.

Dr. Jampolsky believes that we can change our addictive patterns and relationships by releasing fear from our lives and by letting love in. By doing this we free ourselves from the need of—and dependency on—outside forces and situations to achieve peace of mind. By working to increase love and decrease fear, we learn to choose and nurture inner peace.

Divided into two parts, this book begins by offering an understanding of what addiction is and how it affects our lives. In the second section, daily lessons are presented that are designed to help us choose peace more consistently in our lives.



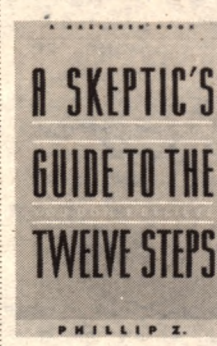
Love Cycles
The Science of Intimacy
By Winnifred B. Cutler
\$20.00. cloth.
ISBN 0679400486.

Combining a scientist's rationality with the boundless curiosity of a spiritual pioneer, Dr. Cutler's *Love Cycles* not only clarifies the mystery of physical attraction, but also leads the way

to more satisfying and health-giving sexual intimacy. Dr. Cutler—whose co-discovery of the organic sexual scent essences in humans, called pheromones, made scientific and social history—demonstrates how our love lives wax and wane with biological regularity. She claims that if we can understand our hormonal cycles, we can take charge of these rhythms to enhance sensuality, charge the immune system, inhibit the aging process, increase the probability of a successful pregnancy and encourage *joie de vivre*.

The Skeptic's Guide to the Twelve Steps

What to Do When You Don't Believe
By Phillip Z.
\$9.95. paper. ISBN 0062553410



Convinced that a Twelve-Step program is the lasting answer to his compulsive eating, Phillip Z. confronts the dilemma of working within a spiritual program as a nonbeliever. In this thought-provoking and insightful narrative, the author details his search for a personal answer to who his

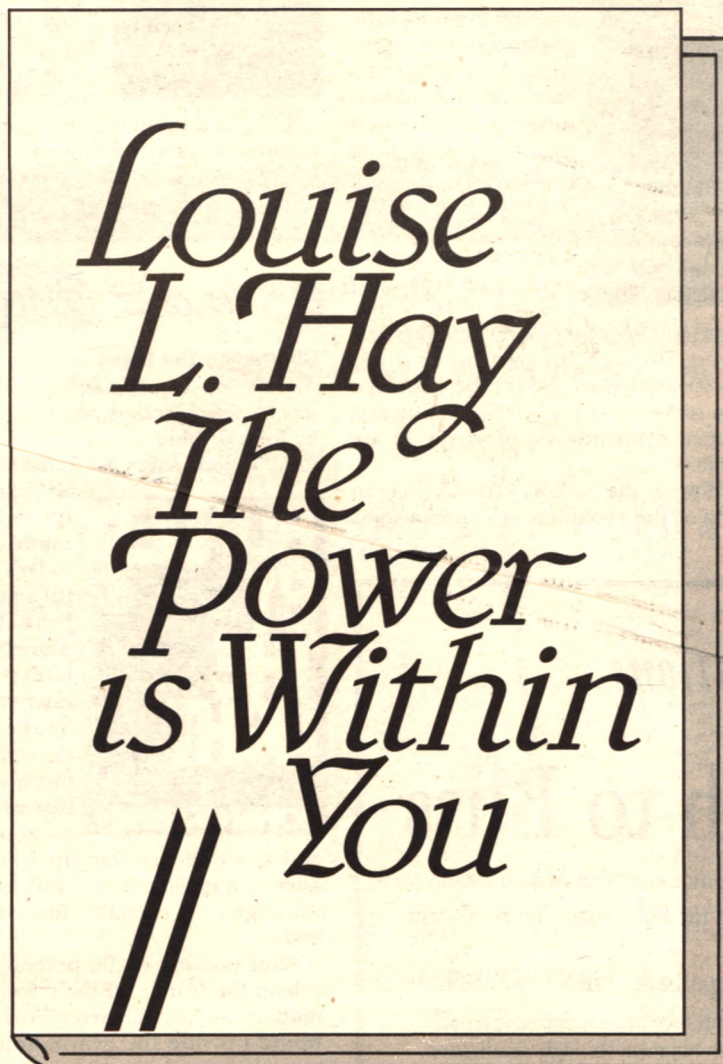
Higher Power is and recounts his quest to understand what a spiritual awakening is for someone not grounded in traditional Judeo-Christian concepts.

This much-needed guide offers solid insights for all those skeptics in Twelve-Step programs who seek to understand the great mystery of spiritual renewal necessary to recovery. Interwoven with Jungian psychology, Eastern religion, and ultimately, the universal truth shared by all spiritual teachings, *The Skeptic's Guide* is both an intensely personal encounter and a philosophical and spiritual coming-to-terms with each of the Twelve Steps.

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256 pages

Trade paperback
Retail price: \$12 U.S.A.
ISBN: 1-56170-023-1
6 x 9, 256 pages



"We each have within us the Infinite Wisdom that is capable of making our life the most perfect life possible. By learning to trust that inner wisdom, we can begin to make changes in our day-to-day living. Remember the first and most important step towards healing is simply the awareness of a need for change. Awareness, in time, allows you to see the beauty, love, and power that is within you."

Louise L. Hay

THE TRADE PAPERBACK
WILL BE OUT IN FEB., 1992.

Thinking Games to Play with Your Child
Easy Ways to Develop Creative and Critical Thinking Skills
 By Cheryl Tuttle, M.Ed. & Penny Paquette
 \$9.95. paper. ISBN 0929923499.

GAMES

TO PLAY WITH

YOUR CHILD

CHERYL TUTTLE, M.Ed.
 and PENNY PAQUETTE

Many of the games in this wonderful book will sharpen your child's creative and critical skills and everyone will have fun in the process! So much fun, that in a few days your children will be begging you to teach them more games. This book shows you how to make the most of your time with your children: how to schedule the play so that both of you have the best time, how to adapt games to focus on developing particular skills, and how to use each game for any grade level from preschool to third grade.

Transformation

Understanding the Three Levels of Masculine Consciousness

By Robert A. Johnson
 \$14.95. cloth. ISBN 0062504258.

The latest work by Robert Johnson (*He, She and We*) presents an innovative and dynamic model of psychological development. Using three figures from classical literature—Don Quixote, Hamlet, and Faust—Johnson shows us three clearly defined stages of consciousness development: simple consciousness, complex consciousness, and enlightened consciousness. He then illustrates how the true work of maturity is to grow through these three levels to the self-realized state of com-

pletion and harmony.

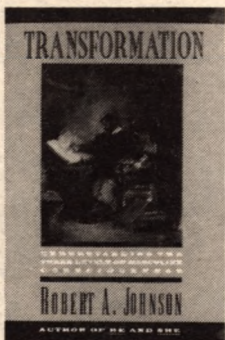
In Cervantes' Don Quixote we see the state of unconscious perfection, the simple man who is perfect without realizing it and who lives in a world where anything can happen, aware neither of pain nor fear, unaware of himself as separate from the world around him.

Shakespeare's Hamlet represents conscious imperfection, a man divided between the opposing forces within himself and full of despair in the face of the tragic nature of life. This is the state of modern Western man—aware of his shortcomings, anxious over what to do, neurotic and incomplete. As a result, modern Western culture has historically dismantled the more natural societies it has encountered, leaving entire populations stranded in the purgatory of this second level of consciousness.

The third state, conscious perfection—the state of the fully integrated man—is represented by Goethe's Faust. His is an awareness that has been gained by struggling with and working through the second level of consciousness—a journey that is both painful and dangerous and of particular

pertinence to our contemporary culture. It is Faust who, through his own inner work, restores to wholeness the life he had torn apart to achieve the ecstatic, visionary, enlightened consciousness of which we are all capable.

According to the author, "Transformation is a study of the evolution of consciousness

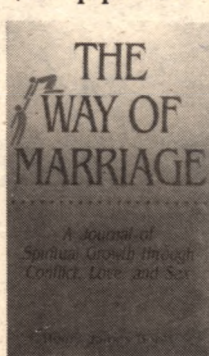


through its three main levels of development and is predominantly masculine in character. This is not to say that it is the exclusive property of males, and it should be clear that it is as applicable to women as to men."

Way of Marriage

A Journal of Spiritual Growth through Conflict, Love, and Sex

By Henry J. Borys
 \$9.95. paper. ISBN 1878041126.



The Way of Marriage brings fresh insight to the subject of marriage—grounded in practical experience, it is a look at deepening vulnerability and self-discovery. It guides with wisdom and heart in turning the challenges of relationship, big and small, into a path of love, growth, and fulfillment.

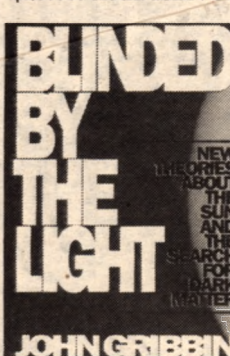
Here is a multi-faceted gem that can be enjoyed by men and women alike. Read it in a single sitting, or savor it section by section for months of inspiration.

Science & Ecology

Blinded by the Light

New Theories About the Sun and the Search for Dark Matter

By John Gribbin
 \$20.00. cloth. ISBN 0517578271.



In the lucid and lively style that has made him one of today's most successful science writers, John Gribbin explores many of the latest findings in solar research: "starquakes" that rock the sun and reveal as much about its interior as earthquakes do about the earth;

and new evidence that the sun actually pulsates in a cyclic pattern, which may account for large-scale climatic fluctuations on our planet.

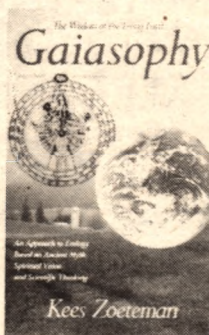
Most exciting of all, perhaps, is the sun's role in the search for the missing "cold dark matter" in the universe. This dark matter would provide the gravitational mass that astrophysicists believe is needed to keep the universe from expanding forever. Gribbin shows how cutting-edge research into the sun's nuclear furnace is fueling the hot debate over what might account for the missing mass: Is it neutrinos, long thought to be the most likely candidate, or WIMPS, the exotic and recently predicted massive particles that have never been detected? The answer to this question—and its implications for the fate of the universe—may be as close as the heart of our own sun.

Gaiasophy

An Approach to Ecology Based on Ancient Myth, Spiritual Vision and Scientific Thinking

By Kees Zoeteman
 \$16.95. paper. ISBN 0940262436.

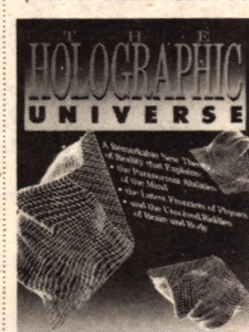
Gaia, the ancient Greek name for the Earth, has come to stand for the ecological perspective that views the Earth as a single, interconnected whole: the living being Earth. With Gaiasophy, this perspective is taken a step further.



Based on a study of ancient myth and spiritual traditions, the author argues that ecology needs to be supplemented by "Gaiasophy," which he defines as "the knowledge and wisdom of the living Earth." He argues that until we fully understand the spiritual, as well as the physical anatomy of the Earth, we shall not be in a position to address the various environmental and social questions posed by the ecological crisis.

The Holographic Universe

By Michael Talbot
 \$19.95. cloth. ISBN 006016381X



Today nearly everyone is familiar with holograms three-dimensional images projected into space with the aid of a laser. Now two of the world's most eminent thinkers—University of London physicist David Bohm, a former protege of Einstein's and one of the world's most respected quantum physi-

cists, and Stanford neurophysiologist Karl Pribram, one of the architects of our modern understanding of the brain—believe that the universe itself may be a giant hologram, quite literally a kind of image or construct created, at least in part, by the human mind. This remarkable new way of looking at the universe explains not only many of the unsolved puzzles of physics, but also such mysterious occurrences as telepathy, out-of-body and near-death experiences, "lucid" dreams, and even religious and mystical experiences such as feelings of cosmic unity and miraculous healings.

Firmly rooted in the best scientific traditions, *The Holographic Universe* is destined to become a classic in the vein of *The Tao of Physics* and *The Dancing Wu Li Masters*.

The Mother Earth Handbook

What You Need to Know and Do—at Home, in Your Community, and through Your Church—to Help Heal Our Planet Now

Edited by Judith S. Scherff
 \$15.95. paper. ISBN 0826405207.



A bevy of experts—from Thomas Berry to Ingrid E. Newkirk to the staffs of Greenpeace and the Wilderness Society—join together to create an essential ecology-action handbook. This book is at once a comprehensive educational manual and a specific action guide that's

ideal for both individual and group use. Includes up-to-date names and addresses of environmental organizations, governmental officials, and companies that use, and do not use animals for testing.

Western Traditions

Faces in the Smoke

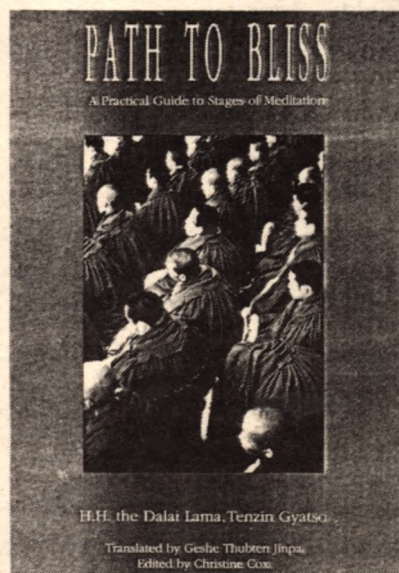
An Eyewitness Experience of Voodoo, Shamanism, Psychic Healing, and Other Amazing Human Powers

By Douchan Gersi
 \$19.95. cloth. ISBN 0874775957.

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Gersi begins with stories about his childhood experiences in the Belgian Congo—of murder by magic, of faith healing, of survival

From Snow Lion Publications



Path to Bliss

A Practical Guide to Stages of Meditation
 His Holiness the Dalai Lama, Tenzin Gyatso

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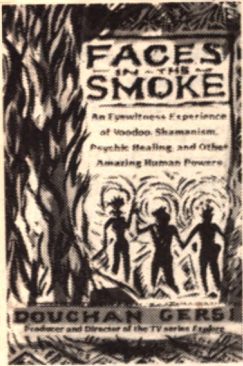
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after death—that whetted his appetite for the frontiers of human knowledge. In this book he recounts some of his most provocative adventures in dimensions of experience normally thought impossible by the Western mind, but lived daily by peoples of tradition on islands, in jungles, and high in remote mountain ranges.

A work of non-fiction more exotic than most novels, *Faces in the Smoke* is an eyewitness account by a master adventurer and storyteller.

In The Absence of the Sacred

The Failure of Technology & the Survival of the Indian Nations

By Jerry Mander

\$25.00. cloth. ISBN 0871567393.

In this iconoclastic, ground-breaking book, Jerry Mander makes the case that the utopian

IN THE ABSENCE OF THE SACRED

The Failure of Technology & the Survival of the Indian Nations
JERRY MANDER

promises of technological society have proven false. Far from leading to "Technotopia," our immersion in a way of life emphasizing technology worship, economic expansion, and commodity accumulation has brought social disorder and global environmental devastation. The irony, Mander says, is that the primary human victims have been the native peoples of the planet. These are the very people that warned that our philosophy of life was doomed to failure, as it leaves out a respect for the sacredness of nature and the limits of human endeavor.

Mander reveals an extraordinary picture, of two world-views in conflict. He concludes that it is our society that is proving less viable, in both human and planetary terms. It is the Indian peoples, still rooted in the earth, that hold the key to survival.

Inspiration Tarot

A Workbook for Understanding and Creating Your Own Deck

By Gail Fairfield & Patti Provo

\$14.95. paper. ISBN 0877287317.



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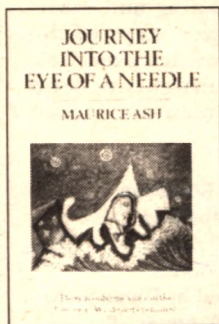
Journey Into the Eye of the Needle

By Maurice Ash

\$15.95. cloth. ISBN 1870098358.

In *Journey Into the Eye of the Needle*, Maurice

Ash encapsulates a lifetime of learning into a series of essays on the spiritual and ecological crisis facing humankind. He believes that all



contemporary issues are inner: the destruction of the environment can be traced to the way we use language, and the overweening power of the state results from our failure to sustain community. He argues that the current spiritual vacuum in the West stems from the loss of meaning in

people's lives, which in turn is intimately connected to the very nature of the dualistic thought in which we are trapped.

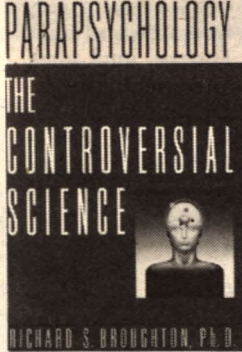
Grounded in both Buddhist tradition and Wittgenstein, Ash skillfully weaves together the spiritual and economic, the philosophical and the political, into a vision that each of us may follow in our own way.

Parapsychology

The Controversial Science

By Richard S. Broughton, Ph.D.

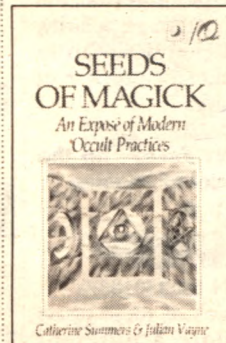
\$22.00. cloth. ISBN 0345356381.



Eighty percent of all Americans claim they have had an experience with parapsychological—or psi—phenomena. But can the existence of ESP, psychokinesis, poltergeists, reincarnation, and out-of-body experiences be scientifically verified? According to Dr. Richard S. Broughton, Director of Research at the world-renowned Institute of Parapsychology, hundreds of experiments in parapsychology have yielded results that simply cannot be ignored.

Dr. Broughton presents a layperson's introduction to the body of scientific evidence that has been compiled in the study of

psi phenomena. In this impressively documented work, he illuminates the history and evolution of parapsychology and addresses the controversy over its very existence as a science. Included is an examination of recent psi research in China and the Soviet Union as well as U.S. government parapsychology programs. A comprehensive bibliography is included for those who want to pursue their interest in psi phenomena further.



Seeds of Magick

An Expose of Modern Occult Practices

By Catherine Summers & Julian Wayne

\$9.95. paper.

ISBN 0875428647.

Eminently readable and well researched, *Seeds of Magick* is an expose of modern magickal practices set in context of the Western occult tradition. It

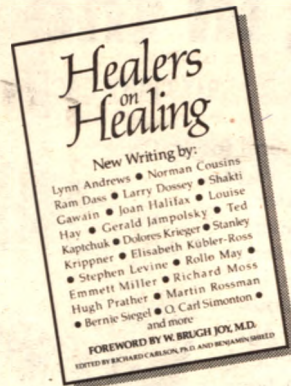
NEW CONSCIOUSNESS READERS



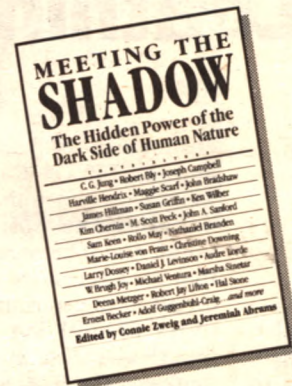
A stimulating series of original and classic writing on leading-edge concepts by renowned experts in personal development, psychology, spiritual growth, and healing.



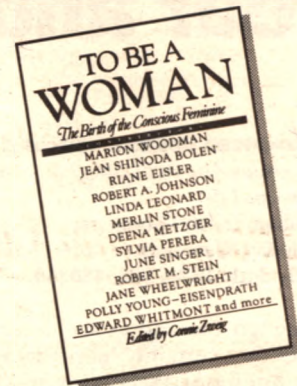
Contributors include: Nathaniel Branden, Charles L. Whitfield, John Bradshaw, Bruno Bettelheim, Joseph Campbell, and more.
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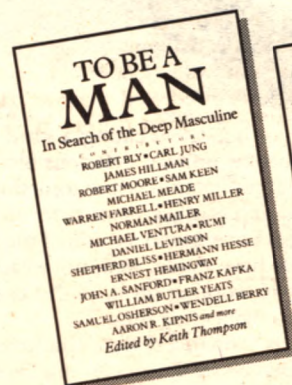
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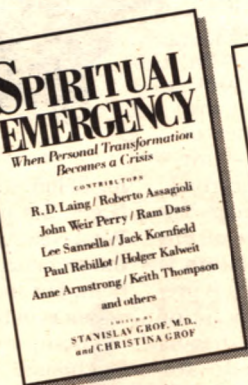
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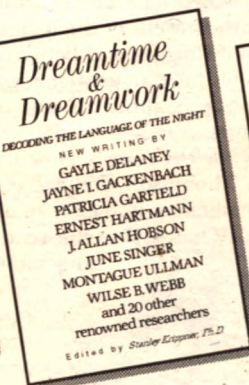
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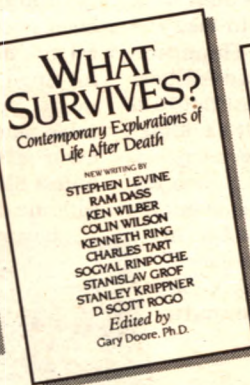
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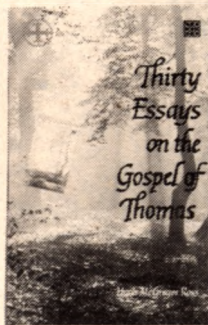
Contributors include: Joseph Campbell, C. G. Jung, Demaris Wehr, James Hillman, Murray Stein, Adrienne Rich, Robert Bly, and more.
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Jeremy P. Tarcher, Inc., Distributed by St. Martin's Press

explores three ideas of magick and introduces the reader to a particularly potent magickal system called "Serket," a tool for developing personal power to transform life for the better.

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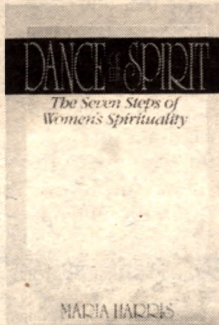
Thirty Essays on the Gospel of Thomas
By Hugh McGregor Ross
\$16.95. paper.
ISBN 185230183X.

Each of these essays explore a different theme in the Gospel of Thomas. This recently discovered Gospel comprises the sayings attributed to

Jesus, and certainly comes from antiquity. While these essays are independent, their sequence moves from factual topics about the Gospel to themes of spiritual significance linking the sayings. One essay tells of an early Christian Church that treasured and built itself on the Gospel of Thomas, until some centuries later it was thoroughly extinguished by the other churches.

These essays are intended for anyone seeking spiritual truth and interested in the contribution this Gospel makes.

Women's Studies



Dance of the Spirit
The Seven Steps of Women's Spirituality
By Maria Harris
\$10.00. paper.
ISBN 0553353063.

Each woman has a special spiritual destiny, as a unique and inalienable as the rhythms that govern her life. In this powerful and inspiring

book, Maria Harris teaches women how to dance to the music of their souls and discover the spiritual steps that can transform their lives. In *Dance of the Spirit*, Harris discusses the meaning and movement of each of the seven steps of the spiritual dance—and provides exercises, meditations, and new insights to lend essential strength, momentum, poise, and balance.



The Goddess Celebrates
An Anthology of Women's Rituals
Edited by Diane Stein
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ISBN 089594460X.

A collection of writings on ritual by women who are ground breakers in reclaiming Goddess centered spirituality. Writers included are: Z. Budapest, Starhawk, Carol Christ, Uzuri Amini, Shekinah Mountainwater, Penina Adelman, Jeannine Parvati Baker, Claudia L'Amoreaux, Marion Weinstein, Norma Joyce, Jay Goldspiner,

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■ REVIEW ■

Fear and Loathing in the Posthistorical World

BY GARY LACHMAN

The American Replacement of Nature

The Everyday Acts and Outrageous Evolution of Economic Life

By William Irwin Thompson

Doubleday/Currency.

\$20.00. cloth. ISBN 0385420250.

Although Cassandras are never popular, our century certainly hasn't lacked them. From Spengler to Huxley to Orwell to Koestler, their names form a long and distinguished list. With his latest book, *The American Replacement of Nature*, author William Irwin Thompson joins the roster. Readers familiar with earlier works like *Evil and World Order*, *The Time Falling Bodies Take to Light*, and more recently, *Imaginary Landscape*, will find Thompson's tone in this new work more urgent and piercing than that of his celebrated predecessors. This is because we know Thompson the writer as both optimistic and enthusiastic about the future. For what it's worth, he has been one of the few thinkers of any academic standing willing to take the New Age movement seriously. Thompson and former Findhorn teacher David Spangler recently co-authored a book entitled *The Reimagination of the World*, which examines their attempts at generating a "planetary culture." If, as the reader of that book soon discovers, Thompson is a bit sheepish about his "youthful" enthusiasm for the New Age, in his latest work he is downright crestfallen. It's this sense of defeat that makes *The American Replacement of Nature* a disturbing book.

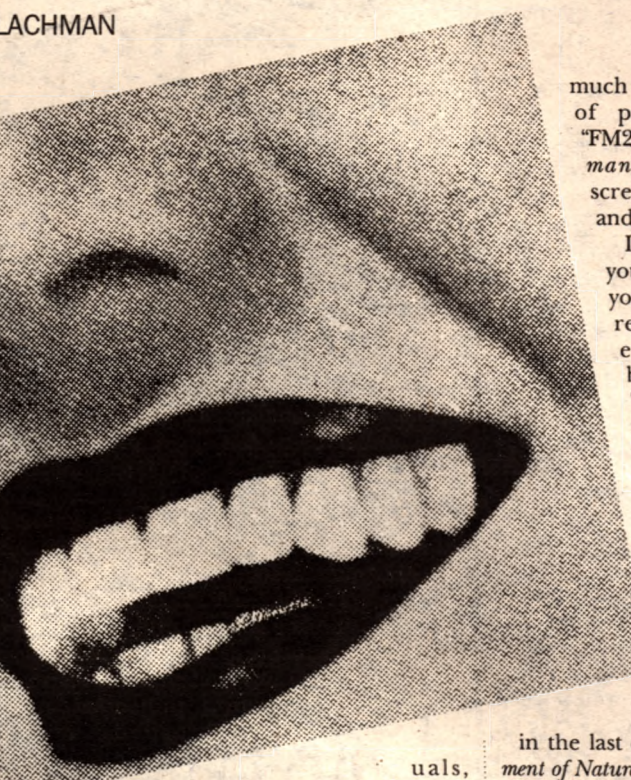
Thompson's thesis is not cheery. American culture, in all its multifarious forms, is rapidly changing not only the structure of world society, but human nature as well. Artificial intelligence, bio-engineering, Virtual Reality machines, the dissolution of the individual in the ubiquitous electronic shower of computers, video screens, microwave ovens and boom boxes, as well as relentless exorcism of Nature and her replacement by the ersatz

environment of petrochemical foods, CNN and the EPCOT Center: all this Thompson sees as the specter haunting the postmodern world. And if he once believed that an alternative might be found in the spiritual philosophies behind our New Age lifestyles—well, that was wishful thinking. The most we can hope for is that the dark age of electro-technocracy, lit by computer screens and video terminals, and sponsored by McDonalds and Coca-Cola, will pass quickly and, turning over the soil, make possible a new beginning. But not in our lifetime.

It's hard to argue with Thompson's analysis. The trend in American culture (which as we hurtle toward the first posthistorical century is rapidly becoming world culture) is, as it has been since the advent of the technological era, toward bigger and better devices for engendering our artificial environment. No one is about to tear out the cable antenna, smash the video screen or even miss an evening's viewing—not, unless like Thompson, you are concerned with the debilitating influence of electro-barbarism. What strikes the reader of this



long meditation is that it is precisely he or she that is slated for extinction. To paraphrase a passage that resonates with any urban dweller: noise, the by-product of our super-consumer economy, is busily dissolving the barriers between individ-



uals, creating a kind of shadow unity, a nefarious blending of individual consciousness into something larger, but not necessarily greater than itself. What New Agers hope for on a spiritual plane, the technocrats have made, well, not exactly flesh, but they're working on it, as the latest advances in bio-engineering show.

Thompson is convinced that characters like himself, Old World European intellectuals who like their books, their studies, and long meandering meditations, are dinosaurs. We shall go the way of perhaps all flesh, if the proponents of electronic immortality get enough funding for their research. The humans of the future (one calls them "human," but they are supposed to be very unlike us) may look back in disgust at the lumps of meat that preceded their glistening, metallic bodies, just as the Victorians were shocked at their kinship to the hairy ape. The world that Thompson foresees is very

much like the "transhuman" culture of penny-dreadful futurologist "FM2030," who, in *Are You a Transhuman?* finds the towering IMAX screen a triumph over Beethoven and Cervantes.

If you are a future-shock trooper, you may get a kick out of this. If you are like Thompson and this reviewer, it will seem you have entered a Disney theme park based on Dante's *Inferno*. Thompson thinks the Disneyization of the world is inevitable, and perhaps he is right. But one finds less troubling a slide into "mediocracy" than the aura of defeat and impotence that surrounds his polemic. Is it really the case that we have no choice but to succumb to the cyberpunk world of *Bladerunner* and *Total Recall*? Thompson seems to think so, as he shows

in the last chapter of *The American Replacement of Nature*, where he mimics (apparently) the "bad English" style of today's sound bite prose. The satire falls flat; if anything it betrays an inability to rise up over its object, as if it were a satellite caught in the gravitational pull of a collapsing star. This is the danger of cultural criticism: it's like going near a black hole. If you are too close, you get sucked in. Thompson is right on the edge. The maelstrom of mediocrity has caught him, and he lashes out with Swiftian rage.

While "things" certainly are not all right, one wonders if Thompson's deflated expectations about the New Age being right around the corner may have stoked the coals of his despair. Disappointment can trigger a powerful recoil, and if the millennium won't bring the planetization of spirit, then surely it must bring its vulgarization. This seems to be Thompson's explicit message, and one we should not ignore, but also take with a grain of salt.



The Magic Life of Milarepa
Tibet's Great Yogi
By Eva Van Dam
\$16.00. paper. ISBN 0877734739.

The *Magic Life of Milarepa* portrays in comic book form the legendary exploits of Tibetan Buddhism's most renowned saint. Full of intrigue, disaster, and amazing feats, it is the heroic story of a man who transforms from an avenging black magician into a supremely powerful yogi, pointing the way to self-knowledge and liberation.

It is the year 1050, and Milarepa is seeking vengeance on unscrupulous relatives for mistreating his mother and sister. Trained in sorcery, he commands a rain of scorpions, snakes, and lizards to attack the villains. But when his teacher rebukes him for his evil deeds, Milarepa renounces black magic to seek mystic truth. He retreats to a cave where, after years of intense meditation, he acquires the power to change his body into any shape and to fly across the sky like a bird. But most important, he achieves the greatest victory of all—mastery over his own self.

Beautifully drawn and illustrated in comic strip layout, this book is fun and educational for both younger readers and adults. Eva Van Dam, the artist, is a Dutch woman who has traveled extensively in Tibet and lived for several years in Nepal, where she studied the iconography of Tibetan religious art.

NEWCASTLE PUBLISHING COMPANY

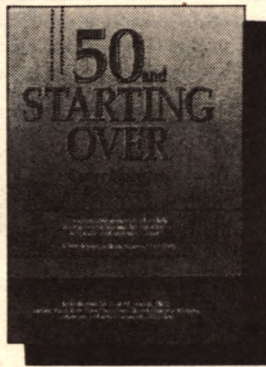
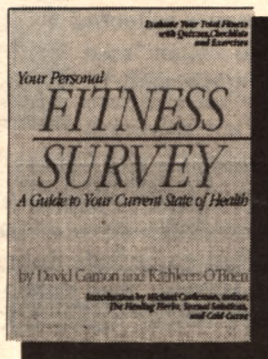
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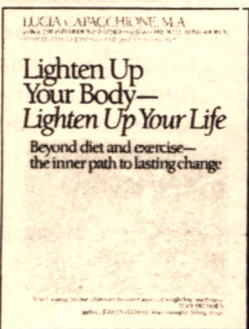
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Lucia Capacchione

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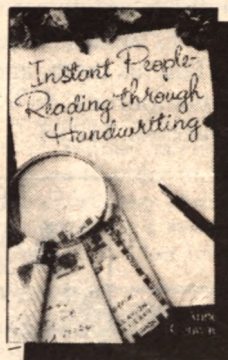
Anne Conway

A person's handwriting can tell you just about anything you want to know: how passionately she kisses, how often he calls his mother, whether she can accept your biggest fault. The secret to deciphering these traits is explained in this breezy, entertainingly written book by an expert handwriting analyst.

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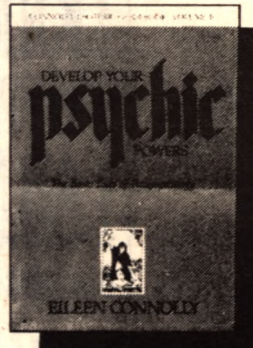


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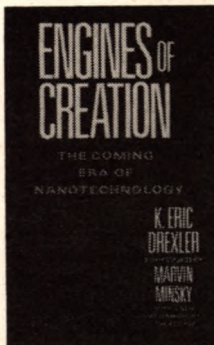
256 pp., 7 x 10, \$12.95,
ISBN 0-87877-152-2



Editor's note: From time to time we hope to pass on a few of our customers' recommendations for books you may have missed. Below, Jeff Riche, a friend of the Bodhi Tree for over 15 years, reviews K. Eric Drexler's Engines of Creation.

Engines of Creation

The Coming Era of Nanotechnology
By K. Eric Drexler
\$ 10.95, paper. ISBN 0385199732.



Creation (1986), K. Eric Drexler presents the details and implications of a new synergistic

This is a pivotal book about change and human momentum. For ages we've been taking things apart and reassembling useful things from the pieces. This process, in part, comes from looking into things deeply, then mixing and matching until something goes "click." In *Engines of*

One (Very) Small Step

BY JEFF RICHE

technology, nanotechnology, which is entering our lives with an inevitability and power that will demand the utmost attention, consideration, and foresight. This new technology operates at the finest level of building possible — atom by atom — using supersmall robot-like "assemblers," controlled by just as small supercomputers. Working with raw materials in fluid form (derived from ordinary dirt), programmed "replicators," using little or no human labor and running on solar energy, will build specifically designed "assemblers," in predetermined quantities, suitable to the job at hand. Assemblers, in their turn, will safely and ecologically build the materials and finished products we want. Whether it's strong flexible fibers of pure diamond, or friendly, talking computers for your pocket or wrist, loaded with information from all the libraries

of the world, these nano-sized machines (nano refers to a billionth of a meter.) will reduce costs virtually to zero. Nanotechnology's genesis is well underway in the fields of genetic engineering, biochemistry, and chemical engineering. Its evolution will become a revolution when ever swifter computers, driven by "intelligent" software, are able to multiply our design efforts a thousand or a million fold. Eventually, second generation nanomachines — "Universal" assemblers — will be built, and they, Drexler tells us, "will be able to bond atoms together in virtually any stable pattern. . .," and this will ". . . let us explore. . . the range of possibilities that natural law permits." At that point we'll be able to orchestrate tasks of extreme complexity and importance, such as entering the cells of living tissue, to correct damage from illness, injury or aging, thereby

repairing the greater biological systems which depend on healthy, vital, undamaged cells. It's a technology that will enable us to reach into the atomic and molecular depths of every aspect of our lives to heal and regenerate ourselves and the Earth.

Because the power of molecular engineering/nanotechnology is arriving in a world in conflict, this is a serious book. Our desire for specific results (in the environment, in medicine, and through technology.) can't outpace our concerns for the safe development and use of nanotechnologies. These basic human issues will require that common fundamental strategies be developed in open forums. Educated choices will certainly involve built-in restraints and safeguards. As Drexler says, "Sound foresight means planning for multiple contingencies." Nanotechnology is now being developed worldwide and Drexler's Foresight Institute, in Palo Alto, California, is conducting a coordinated effort to bring together concerned citizens, policy makers, and research specialists to address the implications of this new technology. Not eventually, but initially, we'll need a global policy on a human scale.

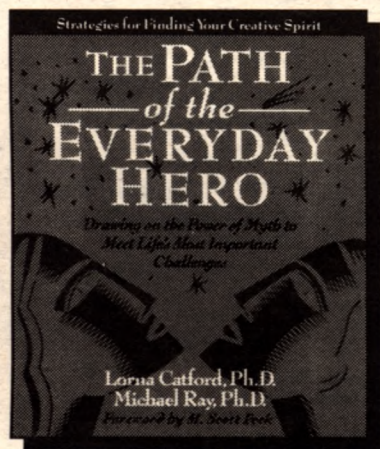
This serious book is also an optimistic one because this same technology can bring an end to many contentious issues. As Drexler says, "Our challenge is to avoid the dangers, but this will take cooperation, and we are more likely to cooperate if we understand how much we have to gain from it." Drexler's efforts provide us a clear and thoughtful reference work filled with social and technical insights.

This latest edition (1990) remains unchanged but for the new Afterword, in which Drexler evaluates his initial effort. In the interim Drexler's Foresight Institute has begun to address the questions of the countless researchers and technicians in specialized disciplines who are the most likely to see through any erroneous thinking.

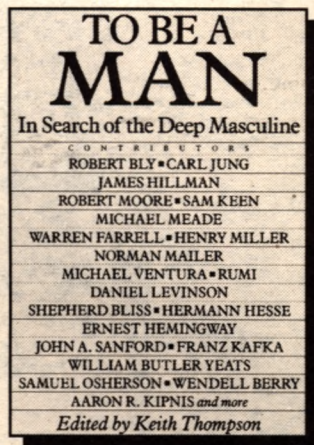
In a new book, *Unbounding the Future*, Drexler follows in his own footsteps, joined by co-authors Chris Peterson and Gayle Pergamit (who both assisted Drexler on *Engines of Creation*). Having set the stage in *Engines of Creation*, this work examines nanotechnology's potential in a series of possible scenarios. These sketches of some possible futures take us into the lives of everyday people who are using nanotechnology's products and flexible power to live vastly improved lives in a world of swift changes. Also included are descriptions of how nanotechnology may affect the areas of medicine, the environment, the Third World, food, transportation, communications, and outer space. There's a review of current research and a description of how it can lead to the first man-made nanomachines. What are the current projections for nanotechnology's arrival? Possibly in five years, with general purpose assemblers following in the early decades of the 21st century, perhaps by 2010. If nanotechnology arrives this quickly, it will be important that we prepare now to be able to channel its power into constructive paths.

For further information on articles, newsletters, and background papers, contact Foresight Institute, Box 61058, Palo Alto, California, 94306, Telephone (415) 324-2490, Fax (415) 948-5649, E-mail: foresight@cup.portal.com.

INQUIRING SOULS WANT TO KNOW

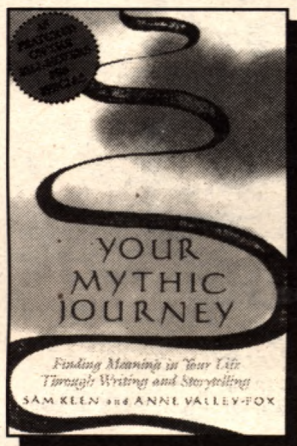


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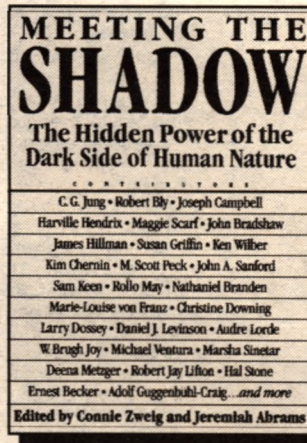
Psychologists and writers explore the newest ideas from the emerging men's movement. Contributors include Robert Bly, James Hillman, Sam Keen, Michael Meade, Aaron R. Kipnis, and more. Edited by Keith Thompson. \$12.95

A New Consciousness Reader



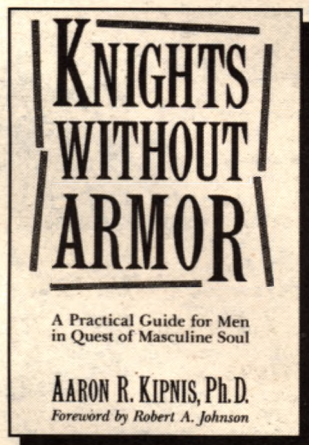
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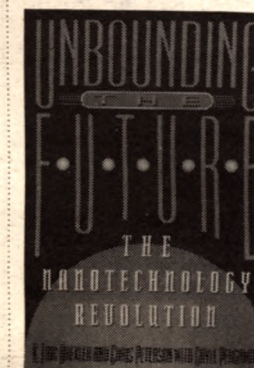
A New Consciousness Reader



Combines personal, social, and mythological perspectives on the hopes and discontents of men today. Complete and practical, its promise is nothing less than the reclaiming of masculine soul. Features the *Twelve Tasks of Men* and the *New Male Manifesto*. \$19.95



Jeremy P. Tarcher, Inc., Distributed by St. Martin's Press



Unbounding the Future
The Nanotechnology Revolution
By K. Eric Drexler and Chris Peterson with Gayle Pergamit
\$23.00, cloth.
ISBN 0688091245.

Celestial Influences 1992

An almanac and textbook of astrology, with ephemeris.

By Jim Maynard

\$8.95. Wall Calendar. ISBN 0930356837.

\$3.95. Pocket-size. ISBN 0930356853.

Jim Maynard's calendar is a complete almanac and introduction to the daily use of astrology. The calendar portion gives the daily moon signs and sign changes, when the moon goes void of course, the phases of the moon, best planting days, daily aspects, and more. The text includes explanations of the signs of the moon through the signs and phases, influences of the planets and aspects, when and where eclipses occur, and a table of sunrise and sunsets. This edition is in Pacific Time.



Llewellyn's 1992 Astrological Calendar
Llewellyn Publications

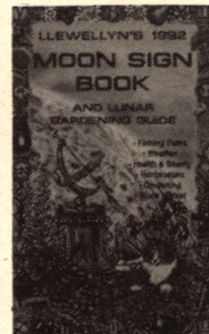
\$9.95. ISBN 0875424651.

This is a full-color astrological calendar for both the beginning and professional astrologer. There are fourteen introductory pages on astrology and during each month you'll find these features on every date: daily aspects, moon sign, moon phase, moon void of course, planetary motion, retrogrades and directs, eclipses, sign

changes of the sun, visibility of the planets, and more. You are also given your horoscope each



month and each sign is beautifully illustrated with a full-color painting by Norbert Losche. The calendar is set in Central Standard Time, but a special fold-down flap shows you how to convert times to any time zone in the world.



Llewellyn's 1992 Moon Sign Book

And Lunar Gardening Guide
Llewellyn Publications
\$4.95. paper.
ISBN 0875424678.

The Moon Sign Book is world famous for its advice on virtually every aspect of life. It tells you when to plan all of your important activities so that you will receive the most benefits from Nature's cycles. The cycles of the Moon can and do affect everything from planting to buying a car. This book gives you all of the information you

need in order to make the most of these natural cycles in easy-to-use tables.

Sacred Spaces 1992 Calendar

Golden Turtle Press

\$9.95. ISBN 1558111166.

Each year this popular calendar takes us on a journey to twelve sacred places. The elegant photographs this year introduce us to: Mt. Kazbek in Soviet Georgia, a Peruvian cemetery high in the Andes, the Serpentine Hot Springs in the Seward Peninsula in Alaska, the Vishnu footprints at Benaras, India, a Buddhist Temple in Thailand, a mosque in Mali, and the Mul Chowk Palace in Kathmandu, Nepal (pictured on the cover) among other sacred spaces.



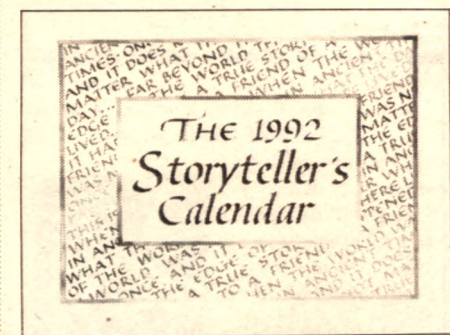
The 1992 Storyteller's Calendar

By Ruth Stotter

\$10.00. ISBN 0943565014.

This beautiful calendar is a celebration of myths, legends, folktales, and fairytales—all the stories we tell ourselves and live. Each month features a short story or commentary on the art of storytelling, a relevant quote, and a visual image that either tells a

story or pictures a storytelling device. The best quote from this year's Storyteller's Calendar comes from the author herself: "Some people



think we're made of flesh and blood and bone. Scientists say we're made of atoms. But I think we're made of STORIES! When we die, that's what people remember, the stories of our lives and the stories that we told."



The Tao Te Ching 1992 Calendar

By Jane English & Gia-fu Feng

\$9.95.

ISBN 0934747822.

The Tao Te Ching, the esoteric but infinitely practical book written most probably in the sixth century B.C. by Lao Tsu, has been translated more frequently than any work except the Bible. This calendar uses twelve chapters from the best-selling 1972 translation of Tao Te Ching by Gia-fu Feng and Jane English, illustrated with his calligraphy and her photographs.



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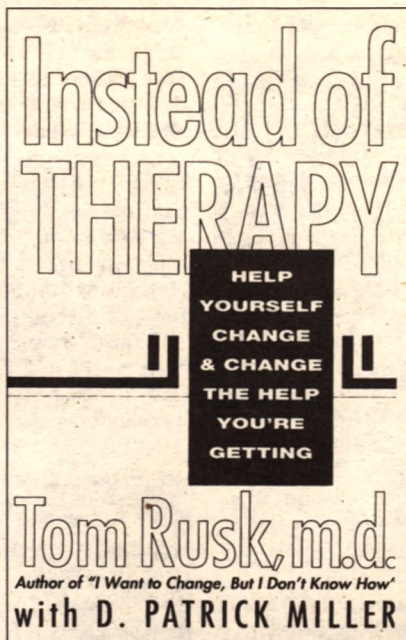
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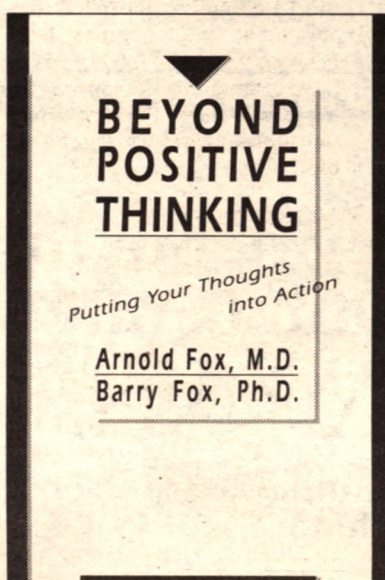
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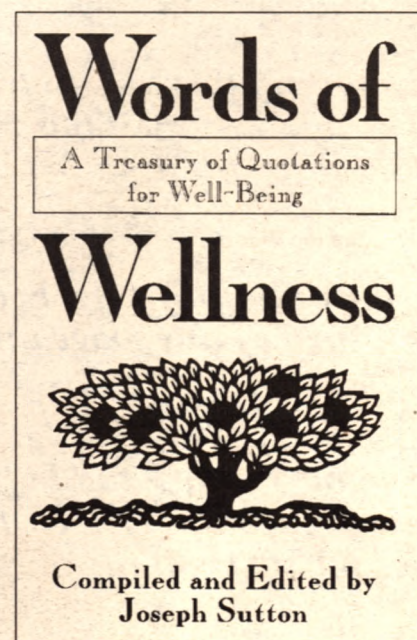
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The Bodhi Tree stocks a wide range of audio and videotapes, books on tape and compact discs. A separate catalog that provides a complete listing of our audio and video materials is available upon request. Below we've selected what we think are some of the best music albums from the more than 1,000 titles that we stock.

And The Stars Go With You

By John Serrie
\$16.98. CD. ISBN 9990053979.
\$9.98. Cassette. ISBN 999003849X.



This first-rate album of synthesizer-based space music has been one of our all-time bestsellers. Five compositions, each with several movements, take you on a gentle journey through the solar system, the galaxy, and beyond. Serrie is a truly gifted composer and a wizard of synthesizer-generated sounds.

At the Edge

By Mickey Hart
\$16.98. CD. ISBN 0062504169.
\$10.98. Cassette. ISBN 0062504150.



This album is the companion to Mickey Hart's book, *Drumming at the Edge of Magic*. Mickey is primarily a percussionist, and you'll find percussion is the basis for all the compositions on this album, with uniquely exotic and surprising examples in every piece. Also present are synthesizers, guitars, Kalimba, and other tuned instruments that are used to provide harmony and melody for this notably atmospheric album.

Dreamtime Return

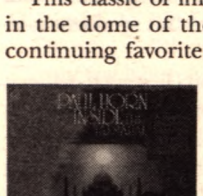
By Steve Roach
\$29.98. CD. ISBN 9990044899.
\$15.98. Cassette. ISBN 9990044872.
(Double Album)



After several groundbreaking albums of slow, breath-rhythm synthesizer music, Steve Roach has reached a pinnacle with this work. Inspired by a walkabout in Australia and the dreamtime philosophy of the aborigines, this work incorporates sounds reminiscent of aboriginal culture combined with Roach's inimitable keyboard artistry.

Inside the Taj Mahal and Inside II

By Paul Horn
\$17.98. CD. ISBN 9990092850.
\$15.98. Cassette. ISBN 9990098654.
(Double Album)



This classic of improvised flute performed in the dome of the Taj Mahal has been a continuing favorite since 1969. Because the resonant quality of the Taj Mahal allows sounds to remain suspended for 28 seconds, the beautiful music performed here expands into sounds layered upon sounds. Religious chanting nicely accompanies the flute on some pieces. *Inside II*, a studio album of solo flute music, is also included as a bonus.

KPFA Tapes Berkeley 1967

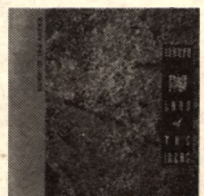
—Chandrakaus/Khamaj
By Nikhil Banerjee
\$15.98. CD. ISBN 9990116733.
\$9.98. Cassette. ISBN 9990111480.



Though this master of the sitar may not be as well known as others, his performances are as brilliant and engaging as any you might hear. The contemplative humility of this deeply spiritual man is conveyed movingly in this recording of a live radio broadcast.

Land of the Incas

Music of the Andes
By Inkuyo
\$17.98. CD. ISBN 9990113777.
\$9.98. Cassette. ISBN 9990113785.



This remarkable South American group has put together an outstanding collection of authentic music of the Andes. Playing panpipes, flutes, guitar, harp, mandolin, and other traditional instruments, they perform a wide variety of songs which celebrate everyday activities of life as well as pieces for sacred ceremonies.

Mahogany Nights

By Al Gromer Khan
\$16.98. CD. ISBN 9990116482.
\$9.98. Cassette. ISBN 9990111294.



Al Gromer Khan has been playing classical sitar since 1969. He combines his contemplative sensibility quite wonderfully with a gentle, peaceful synthesizer. This is an East-West fusion album that brings an intensity of focused feeling to the aesthetics of great space music.

Missa Pange Lingua/Missa La Sol Fa Re Mi

By Josquin Des Pres
Performed by the Tallis Scholars
/Peter Philips
\$18.98. CD. 9990122571.
\$11.98. Cassette. 999012258X.



Polyphonic Chant was a natural evolution from Gregorian chant. The simple melody line of cloistered monks grew into the rich and glorious exaltations of choruses in cathedrals. Following the classical forms of the Mass, Josquin has composed some deeply moving sacred choral music. The Tallis Scholars, under the direction of Peter Philips, earned themselves the 1987 Gramophone Record of the Year in this outstanding performance.

Music For Zen Meditation

By Tony Scott
\$15.98. CD. ISBN 9990020434.
\$10.98. Cassette. ISBN 9990015066.



This classic collaboration in the spirit of Zen combines the traditional Shakuhachi (bamboo flute) and Koto (Japanese harp) with the warm sound of the Western clarinet. This totally improvised album has remained an enduring favorite since its release in 1965.

Mustt Mustt

By Nusrat Fateh Ali Khan,
with Michael Brook
\$15.98. CD. ISBN 9990129525.
\$10.98. Cassette. ISBN 9990129444.



Nusrat Fateh Ali Khan is an acknowledged master of "Qawali"—the devotional vocal music of the Sufis. Michael Brook is a master of exotic atmospheric music composition and production. Together they have created a fusion of these two styles—at times meditative, at times rhythmic and energetic—that is totally unique. This is an example of world fusion music at its best.

One Hand Clapping

Tibetan Bells with Environmental Sounds
By One Hand Clapping
\$16.98. CD. ISBN 9990091897.
\$11.98. Cassette. ISBN 9990091889.



This group of three musicians has created a masterpiece of this particular genre with this album. By combining perhaps the finest collection of 108 bells, bowls, and gongs available (perfectly matched in tone and harmonics) with natural environmental sounds and state-of-the-art production, they've created a recording that is both mysterious and moving.

Pachelbel Canon, Albinoni Adagio and Other Baroque Melodies

By Johann Pachelbel
& Various Baroque Composers
Performed by the Jean-Francois Paillard Chamber Orchestra
\$17.98. CD. ISBN 9990123756.
\$10.98. Cassette. ISBN 9990118531.



The Pachelbel Canon has become quite a favorite of our customers over the years. After comparing many recommended versions, we felt this one somehow is the quintessential performance. Included is a nice selection of complementary pieces that evoke a similar mood.

Perchance to Dream

A Lullaby Album for Children & Adults
By Carol Rosenberger (piano)
\$12.98. CD. ISBN 9990092540.
\$11.98. Cassette. ISBN 9990092532.



This is an album of peaceful, meditative classical music masterfully performed on solo piano. Compositions by Schumann, Chopin, Bach, Beethoven, Haydn, Brahms, and others gently bring the listener to a profound state of relaxation in a way unique to Western classical music.

Samadhi

By Nada Shakti (with Bruce Becvar)
\$16.98. CD. ISBN 9990124043.
\$9.98. Cassette. ISBN 9990113459.



Samadhi is a magical blend of ancient Sanskrit chants from the Hindu Tradition accompanied by the hauntingly beautiful music of Bruce Becvar. The magical sound formulas of mantra

vibrations find a soaring vehicle with the beautiful voice of Nada Shakti. This is a very inspiring and moving album.

Shamanic Dream—Spiritual Environment 3

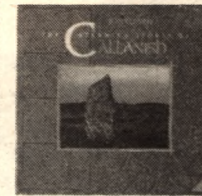
By Anugama
\$16.98. CD. ISBN 9990107246.
\$9.98. Cassette. ISBN 9990107238.



Anugama is a magician when it comes to meditative music that really reaches deep into your soul. He combines synthesizers, shakuhachi, exotic percussion, flutes, chants and nature sounds to create compositions that seem to gently take you along on a wonderful trip. This album, one among many masterpieces, takes you first on a decidedly shamanic journey set to the rhythm of a heartbeat. The other extended composition takes you on a powerful music/chakra journey that starts with the first root chakra and culminates in the seventh crown chakra.

The Standing Stones of Callanish

By Jon Mark
\$17.98. CD. ISBN 9990068798.
\$10.98. Cassette. ISBN 9990052751.



This gentle and meditative synthesizer album borrows heavily from the musical motifs associated with Celtic music. Inspired by the megalith erected by the Celtic people on the Isle of Lewis between 2,000 and 4,000 years ago, Jon Mark takes us on a magical journey from this misty mysterious Isle to the very same Pleiades constellation so carefully aligned with this circle of stone.

Thunder Chord

By Coyote Oldman
\$16.98. CD. 9990118159.
\$9.98. Cassette. 9990118140.



Michael Graham Allen is a craftsman of Native American flutes and creator of wholly new related instruments. Barry Stamp has an exceptional talent for creative electronic and audio engineering. Together as Coyote Oldman they compose and perform pieces in the Native American spirit. The result is a meditative soundscape that transports the listener to the world of the ancient ones.

Yatra

By David Parsons
\$29.98. CD. ISBN 9990102341.
\$15.98. Cassette. ISBN 999009926X.
(Double Album)



David Parsons' long-time fascination with the Himalayas finally lured him to undertake his own "Yatra" (sanskrit for "journey") to India and Tibet. This synthesizer-based masterwork, his fourth album, is the summit of a direction he has been heading in since his first album. Using field recordings he made while traveling, combined with his outstanding use of keyboard sounds, he takes us along on his journey through the bustling cities of India, through the countryside and foothills, and, finally, up to the rarified peaks of the Himalayas to the abode of the Gods.

The Passion of Strunz & Farah

AN INTERVIEW WITH THE GUITAR VIRTUOSOS OF WORLD MUSIC



JORGE STRUNZ AND ARDESHIR FARAH

(continued from the cover)

wasn't going to make it for me and about that time I acquired my first guitar, so it was a natural transition. This was back in Iran in the late 60s.

The guitar was popular in Iran?

Farah: Well, Latin music and flamenco were very popular, and I used to hear a lot of people playing those styles of music. So when I got my guitar I started taking lessons from an Iranian/Armenian person who played flamenco guitar—my first few lessons were with him.

Next, I got into electric guitars and started putting together top 40 bands. I did this until I went to England in 1969. Although I went to Britain mainly to study, I ended up in these rock bands for several years. I continued doing this until the end of my studies when I started listening to jazz-fusion, which I was listening to a lot.

Bands like Chick Corea's Return to Forever?

Farah: Yeah, Chick Corea and guys like John McLaughlin. These people really started changing the way I looked at music and the instrument.

We've played your music to people who've never heard it and several have compared it to McLaughlin and Al Dimeola because of your speed and technical prowess.

Farah: Yes, it's the same school of technique. There haven't been too many people who have

done it on record or have the facility to do it. One of the bands I was listening to at the time was Caldera—Jorge's band. When I finally met Jorge and we started playing together, I started playing the acoustic guitar again. And the rest is history.

Jorge, were you also playing electric guitar at that time?

Strunz: I did for a while when I was with Caldera, which was a Latin-fusion band that recorded for Capitol in the late seventies. My original interest was flamenco and that's what I first learned to play—on acoustic guitar. Most people start with acoustic guitar because they're easier to get.

Yeah, or a Sears electric guitar, those were always popular.

Strunz: They don't have those in the Third World, but acoustic guitars are very easy to get. And because I liked flamenco, I started studying that. My uncle from San Jose, Costa Rica, gave me my first acoustic guitar when I was six years old. It got left behind when we moved away, but the idea stuck in my mind to replace it when I got the chance.

It was at this point that I started studying flamenco fairly seriously, I played in Spanish restaurants with singers and dancers. I became very involved with the music and was very determined to become a flamenco guitarist.

I did that until I was 19 or 20 at which point I realized that I wanted to do something else. Flamenco was not really my background and I wanted to synthesize my own experiences and communicate those things on the guitar, although at that point I wasn't sure what direction I wanted to take. I had lived in many parts of the world, but I knew I wasn't a Spanish gypsy. As much as I liked the music, I knew I'd be chasing a Spanish gypsy for the rest of my life if I stuck with flamenco. So as much as I loved the music, I gave it up as a serious pursuit.

At that point I became interested in rock and electric guitar. Jimi Hendrix was a big influence during that period. Later I started listening to Coltrane, Miles Davis and John McLaughlin—they were all big influences for me at that time.

I also became involved in Latin folk music, which was my own music in a way, but I suppose I always took it for granted. I didn't study it seriously until the eighties when I became involved in Latin folk rhythms and rumbas—things like that. I was studying some of the older salsa concepts, the roots of salsa, which I prefer over contemporary salsa. It was all done on guitars, it was string music that was done on small instruments in Cuba and on the islands. Later, when salsa moved into the big-

ger salons they had to leave their guitars at home because they weren't loud enough to play the large dances.

Now, of course, you can electrify any acoustic guitar and get the volume. In this way we can place an acoustic guitar in a very rhythmic format that normally it couldn't tolerate because it's a very intimate instrument. It's the quietest of instruments really—practically every other instrument blows it out of the water because of its volume.

Okay, so now that the acoustic guitar is being electrified, guitarists like yourselves are able to do things that before were impossible. How are you synthesizing traditional Latin, Middle Eastern and Afro-Cuban styles into the music that you're doing now, and does this synthesis take place on a conscious level?

Strunz: When Ardeshir and I first got together it happened in a sense subconsciously, because at that point I was looking for another guitar player after Caldera—I could see the writing on the wall for most of the fusion bands. It was not going to continue into the eighties unless you were one of the three or four big names—John McLaughlin or someone like that. I figured that it was time to evolve the music into different formats and I started thinking about going back to the acoustic guitar. I also thought *what would I like to hear with the*

PHOTOGRAPHS BY VINCE VALLOT

acoustic guitar? Being a guitar chauvinist I said another acoustic guitar!

So I started looking for other guitar players at that point, but I wasn't specifically looking for an ethnic orientation—other than someone who understood Latin music because that was my background. It also needed to be someone who was technically good enough to do something that made sense for the two guitars. Ardeshir happened to be that person. I was fortunate to get together with him after I had tried some things with other guitar players that hadn't convinced me that a collaboration could work. With Ardeshir I realized that we could make a record very easily.

It turned out that Ardeshir is from the Middle East. I wasn't looking for a Middle Eastern guitarist, but it's become a point of interest that we're from different parts of the planet. Because of this, we've been able to work in many different contexts with the music over the past few years, including a Middle Eastern band where I was the only non-Middle Easterner. This was during the time-frame '84, '85, '86.

Finally, we decided to put a rumba band together which meant mostly Latin players, that's how *Primal Magic* started. We decided to put a heavy emphasis on rumbas and danceable rhythms and put the guitars on top. Having done so many things on the guitar in the past ten years, we decided to hit the grooves hard and make them Latin oriented because that's something we know how to do. That's the basic format for *Primal Magic* and that was the focus we had for putting that music together.

It turns out that right as we were recording *Primal Magic* we were having a lot of trouble with the drummer we were working with because he was just too loud for the kind of stuff we were doing. The music is energetic and we're playing a lot of notes so it was natural to feel that you want to bash'em. He's a great drummer, but we needed someone who was more sensitive and more groove oriented, who didn't want to play so much and would not get so excited about the timing.

We started looking around and found an African named Paul Tchounga, from Cameroon, who turned out to be the best person for the job. He could play rumba very well and at the same time was a very sensitive accompanist—which the guitars need. We're not doing jazz-fusion where we're playing Les Pauls plugged into Marshall stacks. We may be playing solos with a lot of notes, but we can't have everyone behind us going crazy. Because if they do, that's it, the guitars are buried.

Farah: Besides, you lose the essence of the acoustic feel.

Strunz: Yes, the romantic intimacy of the guitar. So when Paul joined the band, it took on an even more international flavor. It took on a greater point of interest for the press that there are four continents represented in the band. And though we were very conscious of our Third World roots, we didn't set out to be just two more guitarists playing electric jazz tinged with exotic elements. We wanted to contribute what we had to the scene.

Your music has too much authority and passion to get lumped into some of these more generic styles.

Farah: That passion comes from our backgrounds—Latin America is very passionate.

Strunz: Flamenco is a very emotional music. The passion is heavily emphasized in both cultures in terms of musical expression. You're encouraged to be that way. In some cultures it can be a little embarrassing to express yourself too much, but these cultures are not like that. So we've tried to do something with that passion, but something that makes sense for domestic audiences.

What we've found with *Primal Magic* was putting that kind of artistic expression on top of a very rhythmic format—the rumba and such—made it much more accessible to the people outside the jazz clubs.

There seem to be many artists today, especially in the so-called new-age genre, that are pulling in these different influences in an attempt to create some sort of musical hybrid. Unfortunately, most of what you hear is bland and not very convincing. What you hear in Strunz and Farah is a rhythmic authenticity and a strong lyrical quality. A devotion to making a melodic statement.

Strunz: You can have a solid rhythm section, but if the melody isn't there then it's empty on top. You've got to have that balance.

Getting back to the musicians that you have behind you, the Zen notion of less is more may be important for the musicians that accompany you. You guys aren't exactly laid back.

Strunz: We're fully expressive as guitarists and not everyone in the band can join us in that. We've been technique conscious in our development, which means to say that

You can play a lot of notes.

Strunz: Well, in order to fully express yourself, it's best to have complete control over all the techniques. If you can play very fast, you can play very slow. If you can play very slow it doesn't mean you can play very fast. So there's something about having a complete technical vision of what you're doing if you really want to express all the different sides of the guitar.

I, for one, have always been interested in the guitar players who have full technical capability—like Paco DeLucia and John McLaughlin—who I felt were very complete guitar players and had put a lot of time into the instrument. They're hard workers—it's a labor of love. The amount of love is shown by the amount of time they've spent with the instrument, and you have to spend a lot of hours with the instrument if you really love it—then you're going to develop a lot of technique on it.

If you write novels and your vocabulary is limited, you won't be able to fully express yourself.

Strunz: Yes, you're limiting your possibilities, you're not going to be able to express certain emotions perhaps, certain thoughts that you want to express. Whereas, if you have a good control of the language, then you're going to be able to say all kinds of interesting things that you can feel, but you might not have been able to express.

Given the reputation for musicians in general, and guitarists in particular, to have large egos, have ego clashes ever been a problem for the two of you?

Strunz: It's never been a problem.

Farah: It's never been a problem, that's why it's lasted this long.

Strunz: It's been a very smooth collaboration between Ardeshir and myself. Sometimes people are established as solo artists and that can be the cause of ego clashes. In our case, we like the idea of what you can do with two guitars. Its very functional, the concept of two guitars, it fills many harmonic and rhythmic niches all at once.

In the seventies, it was in vogue to have rock bands with two guitarists playing double-leads, playing either harmonies or in unison.

Strunz: The Allman Brothers come to mind, the Eagles—bands like that.

There will always be that concept, it's one of the basic instrumental capabilities of the guitar. Plus it's streamlined—we started out as a duo, and we eventually came to realize that we have a nucleus that we can work from and add other musicians to. We're at a point now where most of our work is with an ensemble situation. We still have duos we perform, but much less than we did before.

Isn't your album *Misterio* essentially a guitar duo?

Strunz: Most of it is guitar.

Farah: Most of it is trio or quintet. At the time we were doing a lot of guitar duo and trio stuff and performing in Cuba, Peru and Switzerland. It went really well, especially the Montreaux Jazz Festival.

Strunz: That went really well despite the fact that nobody knew who we were! The organizer invited us because he liked our music.

Farah: He liked our album *Guitarras*.

Strunz: Which is a more difficult and obscure record for most people.

What do you think of the categorization that goes on in the music industry? It seems if a record company doesn't know how to market you, you're out of luck getting a contract.

Farah: We had that problem for a number of years with record companies because they didn't know how to classify us. They have all these departments—the jazz department or the pop department—and if you don't fit into one of those channels, they don't know what to do with you.

That's how you've ended up in the new-age and jazz bins and who knows where else.

Farah: Well that's been the problem. "World Beat" is a concept that became popular in Europe three or four years ago. We've been doing world music, which is probably the best way to categorize us, since 1980. Finally, world beat became a genre in the industry. The Gipsy Kings got signed to Elektra/Asylum and that opened the eyes of the industry to what we now call world music.

Since their name came up, we suppose Strunz



and Farah are often compared to the Gipsy Kings.

Strunz: We do get compared, and frankly, their success has definitely helped us. Before that, the industry thought our music was too exotic to do anything with. They said "you guys play great guitar, but this music you're doing, we're not sure where to put it." So therefore, no contract, no deal and no access to the media—this happened a lot! We had stacks of letters of rejection, usually because of this same thing.

When the Kings came out, nobody expected them to do as well as they did. They're very different from us in the sense that they're really a vocal-pop group with a good guitarist—Tonino plays nice. But their main focus is tunes, songs—we don't do that, we're really into instrumental music. Yes, we use flamenco guitars like they do. Yes, we do use rumbas like they do, and yes, there is flamenco influence in both cases. Because it's a sound that is not widely heard, people in the industry said that these guys sound like the Kings, therefore it's of interest now. "How come these guys haven't been signed before?" was the question in the industry. We got several offers at once, so we had the advantage all of a sudden.

Farah: We were playing at Le Cafe (a club in the San Fernando Valley), and Jorge walks in and says,

"By the way, we have a deal."

Strunz: Whenever they invite you to lunch, you know it's serious. So yes, the Kings actually had a lot to do with it. We think that it's somehow prophetic that it was gypsies that opened the ground for us, because we've always been fans of gypsy music.

Always aspired to do a version of *Volare* yourselves?

Strunz: (laughing) We did, but we realized that the voices weren't coming. We were taking vocal lessons and looking at those Italian hits, looking to expand our market.

Farah: We're going to do the Godfather theme.

Strunz: Well, we're going to do it rumba style. (laughter)

How do you keep in shape musically for your live performances?

Strunz: There is a lot of practicing that's involved, especially early on. It's not as though you have to keep it up for the rest of your life, but there are points of monastic dedication to the instrument. You have to break certain barriers and if you keep your objectives firmly in mind, it makes it a lot easier. It strengthens your inspiration and dedication to achieve your goals. Which means, of course, your income goes plummeting downhill for a number of years.

“Every song represents a certain part of your life, a certain part of your life back then.”



“Finally, we decided to put a rumba band together which meant mostly Latin players ... That’s the basic format for *Primal Magic* and that was the focus we had for putting that music together.”

How do you go about the process of composing music? Do you write individually or together?

Strunz: We do both—we’ve collaborated and we also write individually. Composition is a process of collecting ideas. I usually put my ideas down on cassette tape and then catalog them by hand. I’ve built up a whole library of them, so that if I write something in E minor, tempo 120....

And you need a bridge....

Strunz: And I need a bridge, and I look—E minor, E minor, then something comes up and it’s the perfect bridge, and it was there all along. But you can’t remember all that stuff unless you either write it down in manuscript, which means you need to be a sight writer or sight reader, or you record them on tape as I do. There are so many ideas that fly through, and some are good and

some are not so good. Later you separate the wheat from the chaff.

Then you chain these ideas together in tempo and key. Arrangement-wise, we sit down later and ask ourselves if we want to harmonize or if we want individual expression. In other words, one melody/one melody—where Ardeshir plays by himself and I play by myself. Or we might harmonize and then I’ll express myself on one part and Ardeshir on another part. Those things we usually arrange together, and later the band joins us for their arrangement.

If you can’t decide, do you arm wrestle?

Strunz: Arm-wrestle or play poker, one of the two.

When you’re improvising on stage, how do you communicate? Is it an intuitive process between you?

Farah: That whole thing is arranged. We are

given a time-frame that you cannot go beyond.

Strunz: Three cycles, three cycles—head. It’s that simple. Sometimes we have open-ended solos, modal things that are difficult to cycle off because they’re all A minor. In that case there’s usually a cue at the end of the solo, a little motif that says I’m finished.

Do either of you have a personal favorite among the pieces you’ve recorded?

We have a feeling of love towards everything that we’ve done.

Maybe that question is too much like: Which child do you love the most?

Strunz: Yeah, I think it gets into that kind of a thing.

Farah: Every song represents a certain part of your life, a certain part of your life back then.

Are there any songs that you can’t stand playing anymore?

Strunz: We *can’t* play a lot of them anymore. You know how it is with performers, it’s a floating repertoire. Every year it’s a different repertoire and if you ask me a tune from three years ago, I’ll ask, “What key is it in?”

When you’re getting ready to go out on tour, do you dig through your catalog and say, we haven’t played this one in a while. Why don’t we play this one?

Yeah, we do that to a certain extent. But usually when you have a new album out, and it’s doing well, you put an emphasis on that music, mostly because that’s what people are expecting to hear. You spice it up with a couple of the things that your

fans have always liked from the past and usually there’s a concert there, there’s a coordination. There are some requests that we can’t fulfill anymore. Nomad from *Mosaico* was a very popular piece.

What key was that in?

Strunz: C sharp minor, I think, but that’s about as far as we’re going to get on that one (laughter). It’s hard to put a repertoire together. There are a few simple tunes, but most are pretty elaborate and memory is very important.

Farah: Most of our tunes really need to be in shape. If we don’t play them for a length of time....

Strunz: You wouldn’t want to hear us play them!

We just wanted to ask you briefly about your work with Jackson Browne. What kind of music were you doing? What’s it like to work with him?

We did a whole summer tour with him last year, it wasn’t Strunz and Farah, it was a group called Sangre Machehual—very colorful Latin folk music. He’s an extremely nice man. He has been very supportive of the music we’ve been doing.

So what’s next for Strunz And Farah?

Strunz: Well, we’re preparing for our next album in between some live things we have to do. We’re taking some time off pretty soon to start recording our next album which is due mid-spring of this coming year.

We wish you the best and look forward to the new material.

Strunz: Thank you.

Farah: Yes, thank you.

STRUNZ & FARAH ON CD & CASSETTE

The impassioned beauty of Strunz and Farah reflects the commingling of elements particular to their respective cultures, rooted in Latin America and the Middle East. Technically, their improvisational style is a synthesis stemming from an eclectic musical language that is international in its scope and embrace. Their compositions are executed with fingernail and plectra, rendering uniqueness to their craft.

The moods of their music evoke images such as that of the Persian musician Ziryab in the courts of the Moors in Spain, the lush countryside of tropical America bathed in a soft rain, the echoes of the Mezquita in the indigo night, the dancing of the Yaqui shaman lit by firelight at the edge of dawn. —Kavi Alexander



Mosaico

Strunz and Farah’s first album. Highlighted are the energetic rhythms and guitar wizardry that have become the duo’s trademark. The band is joined on selected pieces by renowned violin virtuoso L. Subramaniam and Kuwaiti guitarist Omayya Alghanim.
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Guitarras

Strunz & Farah continue to explore their Middle Eastern and Latin American roots demonstrating their versatility in their use of exotic instrumentation and complex rhythms. Joining them on this album are Luis Conte, Omayya Alghanim, Majid Ghorbani, and vocalist Hayadeh.
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Misterio

“The music.... is nocturnal; it belongs to the night with its dreams and visions. It conveys the yearning of the night and explores that mood in all its mystery and depth, to the very doors of dawn....when,, with the coming of the sun a new day begins, and the caravan of the night arrives at its destination.” Kavi Alexander

Haunting and introspective, Misterio underscores the intimate nature of the acoustic guitar. Also featured are guitarist Ciro Hurtado and violinist Charlie Bisharat.

CD.....\$15.98 ISBN 9990123527.

Cassette not available at this time.



Primal Magic

Without sacrificing their artistic vision, Strunz & Farah have reached a wider audience with their album Primal Magic. Afro-Cuban & Latin rhythms provide the fuel for these melodic flights to the Amazon rain forest and other vistas in the imagination. Featured artists include violinist Charlie Bisharat and percussionist/vocalist Luis Perez Ixonextli.

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Now Brugh Joy challenges the idealistic vision of spirituality as an experience of love, light, and harmony. He dares to appreciate the dark, shadow side of human nature that, if left unintegrated, can wreak havoc in our lives. Forced by circumstances to confront his own dark side, Joy went beyond the conventional teachings of Jesus, Buddha, and other major traditions. His once-revered values

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By Machaelle Small Wright

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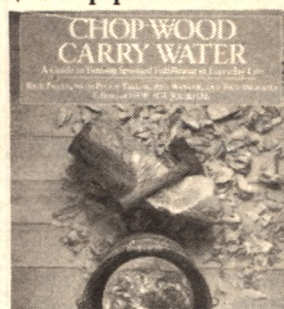
The author of this book has the profound ability to "see" and "hear" the invisible forces of nature. Her personal story is told here—her triumph from a childhood of torment and isolation to discovery of her ability to communicate with the world of nature spirits and devas. At "Perelandra," her 20-acre farm in Virginia, Machaelle devotes her life to understanding the clear and compelling messages that are communicated to her from entities of the nature kingdom: the ecological effects of thoughts, the roles of the animal and plant kingdoms, and humankind's unrealized custodianship of Planet Earth.

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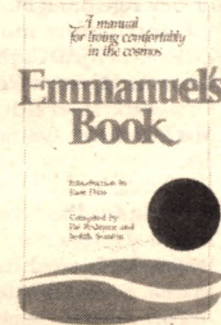
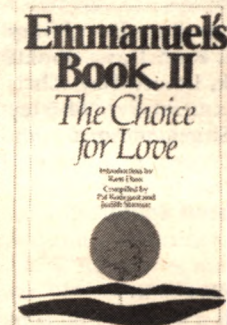
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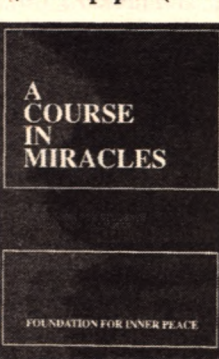
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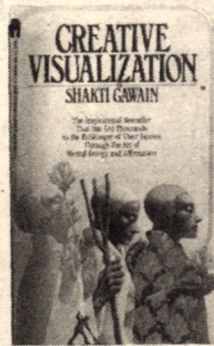
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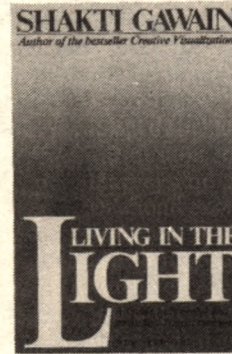
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By John-Roger and Peter McWilliams
\$5.99. paper. ISBN 0553295101.

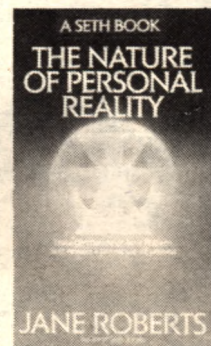
In an informative and informal style, this bestselling handbook helps to make up for lost time in life's classroom by showing the value of learning how to love ourselves, how to forgive ourselves and others, and how to understand our purpose in life. With quotes from Aristotle to Mae West, LIFE 101 is both entertaining and uplifting.

Living With Joy
Keys to Personal Power & Spiritual Transformation
By Sanaya Roman
\$10.95. paper. ISBN 0915811030.

Living With Joy was "given" to Sanaya Roman by Orin, a timeless being of love and light. This wise and gentle spirit teacher presents a systematic course in spiritual growth that will help you transform your life, discover your personal power, and awaken you to the truth of who you really are.

The Nature of Personal Reality
A Seth Book
By Jane Roberts
\$4.95. paper. ISBN 0553248456.
\$11.95. quality-paper. ISBN 0136105688.

This is one of the classic works channeled through Jane Roberts by Seth, an intelligence no longer focused in physical reality, who has revealed the universe beyond the five senses and the remarkable potential within us that is waiting to be tapped. Seth's wisdom teaches you to learn to control your own experience in order to create a



new reality that can improve your life and outlook.

New Age Almanac
By J. Gordon Melton, Jerome Clark & Aidan A. Kelly
\$24.95. paper. ISBN 0810394022.

Whether you're part of it, looking into it, or viewing it from afar, the New Age is here—and this comprehensive almanac will help you to bring all its elements into focus and keep them in perspective. Eight chapters describe hundreds of New Age movements, institutions, and personalities as viewed by leading authority J. Gordon Melton. Also included are a chronology of significant events, a master listing of New Age publications and educational institutions, and New Age musicians and music distributors.

A great deal of information on every aspect of the New Age is packed into this book's 479 pages. A very valuable reference tool for the avid New Age reader.

No Boundary
Eastern and Western Approaches to Personal Growth
By Ken Wilber
\$13.00. paper. ISBN 0394748816.

The best introduction to Ken Wilber's brilliant work is this simple yet comprehensive guide to the types of psychologies and therapies now available from both Western and Eastern sources—psychoanalysis to Zen, Gestalt to TM, existentialism to tantra. Wilber presents a map of human consciousness against which the various therapies are introduced and explained.

Rebirthing in the New Age
By Leonard Orr & Sondra Ray
\$9.95. paper. ISBN 0890871345.

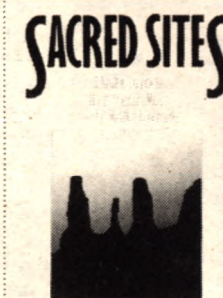
This book teaches you the innovative technique of rebirthing, which transforms the unconscious impression of birth into a gentle and awakening event. The technique is augmented by affirmations, a process based on the idea that thoughts produce effects and that we create our world with our own thoughts.

The Sacred Journey
You & Your Higher Self
By Lazaris
\$11.95. paper. ISBN 1556380801.

Lazaris is a non-physical entity channeled by Jach Pursel. In this book he discusses the meaning of the New Age, provides guidance for the spiritual journey, and offers meditations to help you work with your higher self.

Sacred Sites
A Traveler's Guide to North America's Most Powerful, Mystical Landmarks
By Natasha Peterson
\$9.95. paper. ISBN 0809245175.

This is an authoritative guidebook to the dramatic and mysterious sacred sites found all across America. Covering such locations as Devil's Tower, Chaco Canyon, Mount Shasta, Crystal River and Cahokia, *Sacred Sites* offers a short history of each landmark and a discussion of its special power. Also included are suggestions and ideas for enhancing physical, spiritual, and psychic energies during the visit itself, along with vivid, first-person accounts of the amazing



personal growth gained by pilgrims to each site. With easy-to-follow directions for getting to each locale, this is a travel handbook that will open up a whole new world of personal experience.

The Seat of the Soul

By Gary Zukav
\$9.95. paper. ISBN 067169507X.

This is a brilliant exploration of the remarkable journey to the spirit that each of us is on. With lucidity and elegance, Gary Zukav explains that we are evolving from a species that pursues power based upon the perceptions of the five senses—external power—into a species that pursues authentic power—power that is based upon the perceptions and values of the spirit. Using his scientist's eye and his philosopher's heart, Zukav shows how infusing the activities of life with reverence, compassion, and trust makes them come alive with meaning and purpose. He illustrates how the emerging values of the spirit are changing marriages into spiritual partnerships, psychology into spiritual psychology, and transforming our everyday lives.

Starseed—The Third Millennium

Living in the Posthistoric World

By Ken Carey
\$8.95. paper. ISBN 0062501380.

In *The Starseed Transmissions* and *Return of the Bird Tribes*, Ken Carey illuminated shifts in the way we think and feel about ourselves and our planet. Now he examines the spiritual and social forces underlying these changes, elucidating our place in the universe as we approach the third millennium. Carey analyzes the present and future of the world economy, our changing social structures and relationship to the environment, and the implications of the democratic movement around the world.

Up From Eden

A Transpersonal View of Human Evolution

By Ken Wilber
\$18.00. paper. ISBN 0394714245.

Drawing on anthropology, psychology, sociology, and the history of religions, Ken Wilber has produced a genuinely interdisciplinary vision of human evolution. He traces human evolution—and human consciousness—through its magical, mythical, and rational stages and suggests the higher stages toward which future evolution might now be moving. In his final vision the world views of science and religion are brought together in a brilliant synthesis.

You Can't Afford the Luxury of a Negative Thought

By John-Roger and Peter McWilliams
\$15.00. paper. ISBN 0553354124.

A book for anyone afflicted with one of the primary diseases of our time: negative thinking. The authors show how negative thinking is "expensive"—mentally, emotionally, physically—and therefore a luxury no one can afford. A common

LOUISE L. HAY
Louise L. Hay has devoted her life to assisting people in discovering and using the full potential of their own creative and healing powers.



You Can Heal Your Life
By Louise L. Hay
\$12.00. paper. ISBN 0937611018.

Louise Hay's key message is: "If we are willing to do the mental work, almost anything can be healed." She has a great deal of first-hand information to share about healing—including how she cured herself after being diagnosed with cancer. She also explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinking and improve the quality of your life.

Heal Your Body

The Mental Causes for Physical Illness & the Metaphysical Way to Overcome Them

By Louise L. Hay
\$4.95. paper. ISBN 0937611352.

A comprehensive guide to the probable mental causes behind illness in your body. It offers positive new thought patterns to replace negative feelings and shows how a change in attitude can result in a permanent state of health and well-being.

Heart Thoughts

A Treasury of Inner Wisdom

By Louise L. Hay
\$15.00. cloth. ISBN 1561700002.

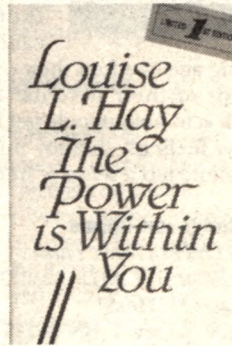
In this beautifully designed book, Louise Hay shares her philosophies and wisdom on a variety of topics for daily living. Her insightful observations will present you with the ability to make life-enriching choices and truly enhance your spiritual growth.

The Power is Within You

By Louise L. Hay
\$18.00. cloth. ISBN 1561700193.

Louise Hay's newest book shows how to overcome emotional barriers through: learning to trust your inner voice, loving the child within, letting your true feelings out, releasing your fears about growing older, allowing yourself to receive prosperity, expressing your creativity, and meditations for personal and planetary healing.

"We each have within us the Infinite Wisdom that is capable of making our life the most perfect life possible," says Hay. "By learning to trust that inner wisdom, we can begin to make changes in our day-to-day living. Remember the first and most important step towards healing is simply the awareness of a need for change. Awareness, in time, allows you to see the beauty, love, and power that is within you."



sense guide filled with practical philosophy.

Spiritual Quests

Dancing in the Light

By Shirley MacLaine
\$5.95. paper. ISBN 0553275577.

In this book Shirley MacLaine explores the lives, both past and present, which touched and affected her own. She sheds new light on love, her losses, her childhood, and her inner drives and ambitions. She once again challenges her beliefs and confronts her conflicts, providing us with a new vision of herself, her future and the world in which we live.

Going Within

A Guide for Inner Transformation

By Shirley MacLaine
\$5.95. paper. ISBN 0553283316.

Here Shirley MacLaine presents an enlightened program of spiritual techniques and mental exercises to become healthier, happier, and more attuned to the natural harmony of the world around—and within—ourselves. She discusses



es the use of light, sound, crystals, visualizations, and meditations that will help you align your body, mind, and spirit.

Out on a Limb

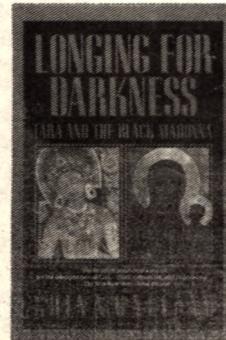
By Shirley MacLaine
\$5.95. paper. ISBN 0553273701.

Sparked by an intense love affair, Shirley MacLaine begins a quest for self-discovery. As she travels from Stockholm to Hawaii to the mountain vastness of Peru, she discovers the roots of her very existence, and moves from disbelief to a radiant affirmation of the infinite possibilities of life.

Longing for Darkness

Tara & the Black Madonna
By China Galland
\$12.95. paper. ISBN 0140121846.

A deeply personal investigation took China Galland from New Mexico through Nepal, India, Switzerland, France, Yugoslavia, and Poland—places where gods like Tara, the female Buddha of the Tibetan tradition, and the Black Madonna are venerated today. Galland vividly describes the journey that combined tireless research with intrigue, meditation, and sen-



sual experience.

The Magus of Strovolos

The Extraordinary World of a Spiritual Healer

By Kyriacos C. Markides
\$9.95. paper. ISBN 0140190341.

Ever since his childhood, Markides had heard mysterious rumors about the "Magus of Strovolos," Cyprus's "leading specialist of the netherworld." Yet it was only when he revisited his native island as an adult that he learned to appreciate the full powers and wisdom of a gentle and humorous grandfather who was also a master healer and spiritual teacher. In this book he combines the skepticism of a trained sociologist with the passion of a disciple to explore the inner world and beliefs of a truly remarkable man.

Naked Through the Gate

A Spiritual Autobiography

By Joel
\$9.95. paper. ISBN 0962038709.

In this true story, an "ordinary" man seeks his destiny from the jungles of Vietnam, through revolution in the '60s, to success as a Hollywood producer. Then in the pursuit of a strange love, he abandons all to undertake the ultimate quest that leads to his gnostic awakening as consciousness itself.

L.A. Resources magazine said this book was "Rewarding, revealing, inspiring, courageous and intensely honest...Highly recommended."

Ordinary People as Monks & Mystics

Lifestyles For Self-Discovery

By Marsha Sinetar
\$8.95. paper. ISBN 0809127733.

"My bias is this: ordinary, everyday people can and do become whole. They can and do live in ways that express their highest and most cherished values—values that also happen to be those most prized universally and collectively throughout human history. People who become whole are the ones who find completeness by consciously integrating inner and outer realities.

"This is a book about such persons, and about the way in which they manage to merge their inner truths with the demands of everyday living." —Marsha Sinetar, from the introduction.

Return to Center

The Flowering of Self-Trust

By Bobbie Probst
\$9.95. paper. ISBN 0875165540.

Bobbie Probst embarked on a transformational journey in consciousness development—and there was to be no turning back. For guides she had Brugh Joy, Paul Brenner, and an inner voice that communicated surprising insights. Her story is rich in humorous, touching sometimes glorious, sometimes strange encounters and episodes. But there is no emergence until the inner voice is heard and heeded.

Your Mythic Journey

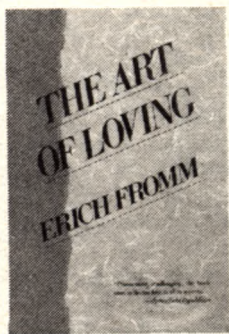
Finding Meaning in Your Life Through Writing & Storytelling

By Sam Keen
\$9.95. paper. ISBN 0874775434.

We all tell stories about who we are, where we come from, and where we are going. These personal myths in turn shape who we become and what we believe. This book provides the tools to detect the story line in your life and reveal the hidden world of self-discovery and meaning that helps you unfold your own mythic journey.



Psychology



The Art of Loving
By Erich Fromm
\$9.95. paper.
ISBN 0060915943.

Dr. Fromm discusses love in all its aspects—not only romantic love, but also the love of parents for children, erotic love, self love and the love of god. A highly readable book with suggestions for practicing the

art of love in our daily lives.

At a Journal Workshop

The Basic Text and Guide for Using The Intensive Journal Process

By Ira Progoff
\$15.95. paper. ISBN 087941006X.

At a *Journal Workshop* contains a complete Intensive Journal experience. Included are the basic definitions and descriptions of the Journal sections, the conceptual foundations underlying them, and the techniques for the continuous use of the Intensive Journal process.

Awakenings

By Oliver Sacks
\$10.95. paper. ISBN 0060973684.

Awakenings is the remarkable account of a group of patients who contracted sleeping-sickness during an epidemic after World War I. These men and women were given up as hopeless until Dr. Sacks gave them the then-new drug L-DOPA, which had an astonishing "awakening" effect. Dr. Sacks presents the moving case histories of these individuals, the stories of their lives, and the extraordinary transformation they underwent with his treatment.

Bodymind

By Ken Dychtwald
\$9.95. paper. ISBN 087477375X.

Ken Dychtwald's *Bodymind* has been updated in this latest edition to reflect the author's ongoing exploration of the vital body and mind connection. Articulating the complex relationship between body type, personality, and experience, Dychtwald suggests methods for obtaining deeper self-knowledge and relates techniques for releasing repressed feelings to achieve self-healing.



The Creative Journal
The Art of Finding Yourself
By Lucia Capacchione, Ph.D.
\$12.95. paper.
ISBN 0878771484.

This book is an excellent introduction for anyone interested in learning to keep a

journal for the purpose of self-exploration. Lessons are designed to help the reader explore their inner potential through writing and drawing.

Conscious Loving

The Journey to Co-Commitment
By Gay & Kathlyn Hendricks
\$19.95. paper. ISBN 055305774X.

For those who have made a serious commitment to developing passionate, productive, and harmonious relationships, therapists Gay and Kathlyn Hendricks offer a powerful new program for getting there. Drawn from their work with more than one thousand couples over the past two decades, these

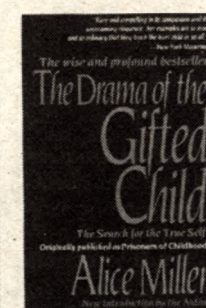
proven, practical strategies will help you clear away the unconscious agreements and patterns that underlie relationship problems. The co-commitment workbook in Part 2 provides 34 exercises to build better communication and trust, deepen your capacity for pleasure, security, and intimacy.



Cutting the Ties That Bind
By Phyllis Krystal
\$9.95. paper.
ISBN 1852301252.

Cutting the Ties That Bind presents a simple method for achieving lasting liberation. Offering simple, practical techniques, Phyllis Krystal shows how we can contact our higher consciousness

and release our inner selves—cutting those ties that confine our happiness and bind us to the past.



Drama of the Gifted Child
The Search for The True Self
By Alice Miller
\$8.95. paper.
ISBN 045601691X.

Dr. Miller asserts in this landmark work that children lose access to their own authentic feelings because they learn at a

young age to adopt their outlook to meet the needs of their parents. The focus of this book is to help people get back in touch with those feelings, thereby unlocking authentic emotion and a sense of freedom and vitality.

Endangered Minds

Why Children Don't Think and What We Can Do About It

By Jane M. Healy
\$11.00. paper. ISBN 067174920X.

In this probing assessment of the roots of the crisis in education, Jane M. Healy, Ph.D., examines the reasons why children today are less able to concentrate, less able to absorb and analyze information, less able literally to think than the generations that preceded them. Proving that basic intelligence is not at issue, Healy shows how parents and teachers can make a critical difference by making them good learners not only during their school years, but throughout their lives.

Feel the Fear and Do It Anyway

By Susan Jeffers, Ph.D.
\$7.95. paper.
ISBN 0449902927.



Dr. Jeffers outlines various concrete techniques for turning passivity into assertiveness. This practical guide will help you reeducate your mind to think more positively by utilizing a 10-step Positive Thinking Process that outtalks the negative "chatterbox" in your brain. The reader learns to use effective techniques such as affirmations and visualizations to achieve an optimistic attitude in the face of crisis.

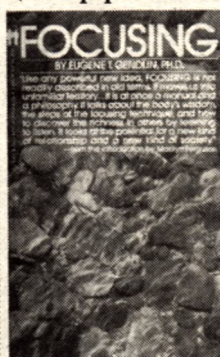
The Fantasy Bond

By Robert Firestone
\$18.95. paper. ISBN 0898853303.

Based on 28 years of research into the problem of resistance, this book offers the concept of "Fantasy Bond," an illusion of connection originally formed with the mother during infancy. The author develops the concept of core defense or "Fantasy Bond" and describes the structure of the overall defensive process.

Focusing

By Eugene Gendlin, Ph.D.
\$4.95. paper. ISBN 0553278339.



Focusing is a technique of self-therapy that helps you to identify and change the way your personal problems concretely exist within your body. If done properly, focusing will allow you to achieve deep levels of physical relaxation, and at the same time, guide you to the deepest levels of awareness where these problems can be resolved, and profound change can occur.

Gestalt Therapy Verbatim

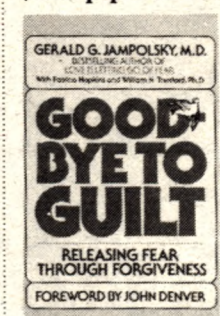
By Fritz Perls
\$16.00. paper. ISBN 0939266059.



When *Gestalt Therapy Verbatim* was first published in 1969, it brought world-wide attention to this new form of therapy and its developer "Fritz" Perls. A thorough introduction outlines the basics of Gestalt Therapy, and is followed by complete therapy sessions with explanatory comments by Dr. Perls. A classic work that helped launch the "human-potential" movement in the sixties.

Goodbye to Guilt

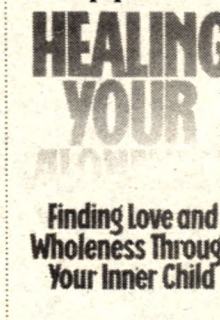
Releasing Fear Through Forgiveness
By Gerald Jampolsky
\$9.95. paper. ISBN 0553345745.



In our age of anxieties, most of us live by complex expectations about what we should achieve, how we should act, and how others should treat us. The author explores alternatives that free us from guilt arising from these attitudes and helps us transform that wasted energy

Healing Your Aloneness

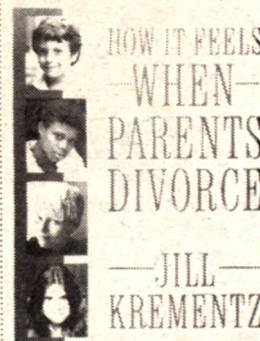
Finding Love and Wholeness Through Your Inner Child
By Erika Chopich & Margaret Paul
\$9.95. paper. ISBN 0062501496.



The authors show how anyone can reconnect with his or her inner child to eliminate self-destructive patterns, resolve fears and conflicts, and build satisfying relationships. *Healing Your Aloneness* outlines a self-healing process that can restore a balance between loving adult and loved inner child.

How It Feels When Parents Divorce

By Jill Krementz
\$7.95. paper. ISBN 0394758552.



In this thoughtful and sensitive book, nineteen boys and girls, from seven to sixteen-years-old and from highly diverse backgrounds, share with us their deepest feelings about their parents' divorce!

By listening to them, all children of divorced parents can find constructive ways to help themselves through this difficult time. Their stories are immediate and convincing, and their generosity in confiding their feelings should provide comfort to children and parents alike.

If You Meet the Buddha on the Road, Kill Him!

The Pilgrimage of Psychotherapy Patients
By Sheldon B. Kopp
\$4.95. paper. ISBN 0553278320.

The unusual title of this book is taken from a famous Zen story in which a master warns his pupil not to depend on those around him for guidance. The author relates this idea to our modern world by emphasizing the need for us to stop depending on therapists and take responsibility for ourselves.

The Intuitive Edge

Understanding Intuition and Applying It in Everyday Life
By Phillip Goldberg
\$8.95. paper. ISBN 087477344X.



Exclusively rational approaches to decision making and problem solving are inadequate in our increasingly complex world. Intuition can provide a crucial edge, enhancing our ability to discover, create, predict, and evaluate. *The Intuitive Edge* shows

how to make the most of our natural—but neglected—intuitive powers.

Infants and Mothers

Differences in Development
By T. Berry Brazelton, M.D.
\$14.95. paper. ISBN 0385292090.



In this newly revised edition, *Infants and Mothers* incorporates the latest work in neonatology. The pressures on working mothers, the difficult decision when to return to work, and the excitement of nurturing fathers are all reflected

in this very compassionate guide.

Journaling for Joy

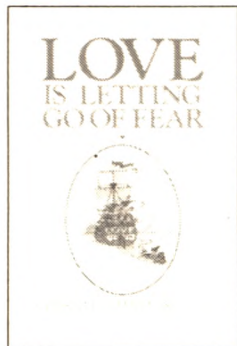
Writing Your Way to Personal Growth and Freedom
By Joyce Chapman, M.A.
\$12.95. paper. ISBN 0878771638.

Journaling for Joy is filled with over 200 dynamic journaling techniques for releasing anger, pain, depression, confusion, tension

and stress. You'll read over 100 powerful, provocative journal entries and also learn how to set up and participate in your own journal writing group. Chapman shows you how to break through mental and emotional blocks so that you can achieve the life you want.

Love is Letting Go of Fear

By Gerald G. Jampolsky
\$3.95. paper. ISBN 0553273337.



Based on material from *A Course in Miracles*, Dr. Jampolsky presents lessons that are designed to release you from fear and encourage living in the moment, rather than being tied to the past or looking toward the future. This book provides daily exercises that give a direct and effective way to bring about personal transformation.

Magical Child

By Joseph Pearce
\$4.95. paper. ISBN 0553260766.

Magical Child explores the notion that innate in every human is the potential for astonishing capabilities, a genetically encoded drive to create and learn. Rather than foster this natural process, the author argues the adult world stunts growth by imposing constraints that hinder the realization of potential. Pearce presents a detailed and rounded discussion of current theories of child development and argues for less conditioning and more creative child rearing.



Making Contact
By Virginia Satir
\$7.95. paper.
ISBN 0890871191.

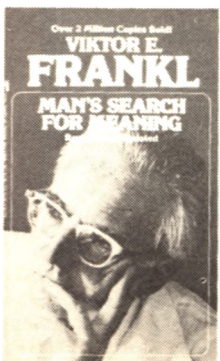
The path to better communication begins with learning about contact. You have ears, eyes, feelings, speech, thought, movement, and actions through which you make contact with yourself and others. In *Making Contact* Virginia Satir brings into focus how you can use all these elements to bring about better communication and spontaneity.

The Man Who Mistook His Wife for a Hat
And Other Clinical Tales

By Oliver Sacks
\$10.95. paper. ISBN 0060970790.

In this extraordinary book, Dr. Sacks recounts the histories of patients lost in the bizarre, apparently inescapable world of neurological disorders. Oliver Sack's *The Man Who Mistook his Wife for a Hat* is the story of individuals afflicted with fantastical perceptual and intellectual aberrations.

These studies of people struggling against incredible adversity enable us to enter a world of the neurologically impaired, and to imagine in our hearts what it must be like to live and feel as they do.



Man's Search for Himself
By Viktor E. Frankl
\$10.95. paper.
ISBN 0385286171.

The chief problem of people in the twentieth century is emptiness. People do not know what they want; they often do not have any clear idea of what they feel. We must

rediscover the sources of strength and integrity within ourselves." So states psychologist Rollo May in this enlightening guide to self-discovery. Citing the anxiety and loneliness felt by those living in an insecure, rapidly changing society, Dr. May points the way toward finding inner strength, freedom, creativity, and courage.

Overcoming Depression

By Demetri F. Papolos, M.D. & Janice Papolos
\$10.95. paper. ISBN 0060914882.

For every person who struggles with bouts of depression or manic-depression, here is a book that combines state-of-the-art medical information and solid practical advice that empowers patients and family members to recognize the problem, seek the proper diagnoses and actively participate in the treatment plan.

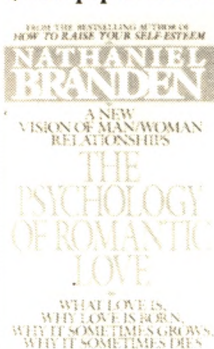
Please Understand Me

Character & Treatment Types
By David Kiersey
\$11.95. paper. ISBN 0960695400.

Dr. Kiersey challenges the reader to drop the futile attempt of trying to change those around us into carbon copies of ourselves, and consider that differences make us unique. Rejecting the growth theories of Freud, Maslow, Erikson and others, the author insists that not everybody goes through the same phases of growth to maturity.

The Psychology of Romantic Love

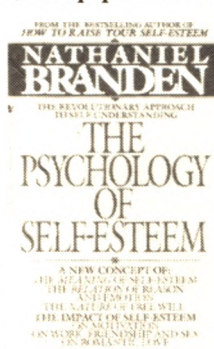
By Nathaniel Branden
\$4.95. paper. ISBN 0553275550.



Psychologist Branden offers understanding of the meaning of romantic love—his vision of love is at once passionate and grounded in our nature as human beings. He reveals love to be a pathway not only to extraordinary joy but also profound self-discovery. Topics include: the evolution of romantic love, choices in romantic love, and the challenges we face in love.

Psychology of Self-Esteem

By Nathaniel Branden
\$4.95. paper. ISBN 0553271881.



Only you can give yourself the most precious gift in the world, a real and genuine sense of your own value. Branden answers the most basic questions: What is self-esteem? Why do you need it? What happens to you when it isn't there? He challenges therapeutic approaches based on the view of man as a puppet or machine and shows how you can put self-esteem to work for you.



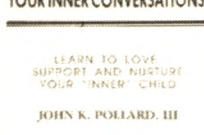
The Road Less Traveled

A New Psychology of Love, Traditional Values and Spiritual Growth
By M. Scott Peck
\$10.95. paper.
ISBN 0671250671.

In his bestselling work, Dr. Peck emphasizes that pain can be a wonderful catalyst for positive change. He outlines ways to confront these difficulties in a positive manner, thereby enabling us to reach a higher level of self-understanding.

SELF PARENTING

THE COMPLETE GUIDE TO YOUR INNER CONVERSATIONS



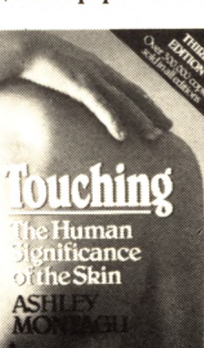
Self Parenting

The Complete Guide To Your Inner Conversations
By John K. Pollard
\$9.95. paper.
ISBN 094205525X.

This book describes how one can use inner dialogue for Self Parenting. The technique is easy since it uses those inner conversations we all have with ourselves. Awareness of our inner parent and child facilitates a "Self Parenting" to occur that leads to a resolution of psychological conflict. Includes many practical examples and entertaining illustrations.

Touching

The Human Significance of the Skin
By Ashley Montagu
\$12.95. paper. ISBN 0060960280.



A groundbreaking achievement when it was first published in 1971, this absorbing examination of the importance of tactile interaction—touching—on all facets of human development is now brought up to date in light of research since 1978. Dr. Montagu devotes attention to the relation of the skin and touching to mental and physical health.

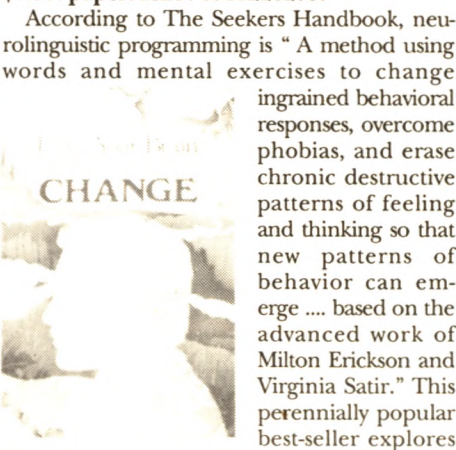
Toward a Psychology of Being

By Abraham Maslow
\$15.95. paper. ISBN 0442038054.

In this second edition of *Toward a Psychology of Being*, there is a constant optimistic thrust toward a future based on the intrinsic values of humanity. Professor Maslow states that "This inner nature, as we know of it so far, seems not to be intrinsically evil, but rather either neutral or positively good." He demonstrates that humans can be loving, noble; and creative, and are capable of the highest values and aspirations.

Using Your Brain for a Change

By Richard Bandler
\$7.50. paper. ISBN 0911226273.



According to *The Seekers Handbook*, neuro-linguistic programming is "A method using words and mental exercises to change ingrained behavioral responses, overcome phobias, and erase chronic destructive patterns of feeling and thinking so that new patterns of behavior can emerge based on the advanced work of Milton Erickson and Virginia Satir." This perennially popular best-seller explores such topics as: examining memories to help cure phobias; taking a pro-active role in directing our lives; learning the proper ways to motivate ourselves on a daily basis; accessing and changing our internal "coding" to quickly change limiting beliefs; and a method for understanding how the brain links experiences that provides generative solutions for almost any behavior or response.

Other NLP Titles

Frogs into Princes
(\$7.50. paper. ISBN 0911226192)
Reframing
(\$8.50. paper. ISBN 0911226257)

Structure of Magic Vol. 1
(\$12.95. paper. ISBN 0831400447)
Structure of Magic Vol. 2
(\$10.95. paper. ISBN 0831400498)

The Varieties of Religious Experience

By William James
\$7.95. paper. ISBN 0140390340.

William James brought something new to the study of religion—he approached his subject from the viewpoint of the philosopher and the experimental psychologist. He used his scientific knowledge to classify, compare and examine a fascinating variety of recorded religious experience. In this landmark work, James examines the question of pathology and sanity from both a psychological and religious standpoint.

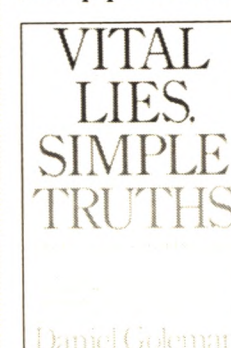
The Viscott Method

By David Viscott
\$4.95. paper.
ISBN 0671729942.

Far too often, self-doubt can keep people from experiencing joyful and fulfilling lives. In his guide to self-analysis, Dr. Viscott reveals the techniques he uses in his practice designed to resolve emotional conflicts. This book is very easy to read and presents the reader with many concrete examples from the author's professional practice.

Vital Lies, Simple Truths

The Psychology of Self-Deception
By Daniel Goleman
\$9.95. paper. ISBN 0671628151.



Vital Lies, Simple Truths is a penetrating analysis of the ways we deceive ourselves. Daniel Goleman draws on a plethora of evidence—from brain function to social dynamics—to reveal how we skew our most intimate relationships, our day to day lives, and our common reality by burying painful insights and memories.

Wishcraft

How To Get What You Really Want
By Barbara Sher
\$7.95. paper.
ISBN 0345340892.

Wishcraft argues that our highest dreams and aspirations are what power our action. Instead of settling for second choices, we are shown how to put these dreams to work for us and how seemingly unobtainable goals can be met. Barbara Sher includes anecdotal stories and practical techniques to help us achieve these aims.

You'll See It When You Believe It

The Way to Your Personal Transformation
By Wayne W. Dyer
\$4.95. paper. ISBN 038070658X.

You'll See It When You Believe It teaches us how to apply the principles that govern the universe to our everyday lives. With anecdotes and examples, with humor and with love, it explores the way to change relationships by changing our thoughts about them. And throughout Dr. Dyer uses his own life story as a vivid example that believing is seeing.

C. G. Jung

Four Archetypes

Mother/Rebirth/Spirit/Trickster

By C.G. Jung, translated by R.F.C. Hull
\$9.95. paper. ISBN 0691017662.

The archetypes of the collective unconscious are universal symbols of the inner forces that work toward unity, health, fullness of life and the transformation of consciousness. Jung also discusses here the psychological aspects of the mother archetype, the phenomenology of the spirit in fairytales, rebirth, and the psychology of the Trickster figure.

Man and His Symbols

By C.G. Jung

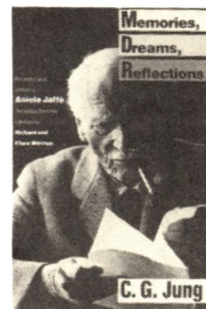
\$19.95. cloth. ISBN 0385052219.
\$5.95. paper. ISBN 0440351839.

The last piece of work undertaken by Jung before his death in 1961 provides a unique opportunity to assess his contribution to the life and thought of our time, for it was also his first attempt to present his life-work in psychology to a non-technical public. What emerges is that Jung has done immense service both to psychology as a science and to our general understanding of man in society, by insisting that imaginative life must be taken seriously in its own right, as the most distinctive characteristic of human beings.

Memories, Dreams, Reflections

By C.G. Jung,

recorded & edited by Anelia Jaffe
\$10.95. paper. ISBN 0679723951.



In the spring of 1957, when he was eighty-one years old, C.G. Jung undertook the telling of his life story. At regular intervals he had conversations with his colleague and friend Anelia Jaffe, and collaborated with her in the preparation of the text based on these talks. On occasion, he was moved to write entire chapters of the book in his own hand, and he continued to work on the final stages of the manuscript until shortly before his death on June 6, 1961.

For anyone interested in the life and work of C.G. Jung, this autobiography is perhaps the best place to start.

Modern Man In Search of a Soul

By C.G. Jung

\$5.95. paper. ISBN 0156612062.

A basic introduction to the thought of Carl Gustav Jung, who, with Freud and Adler, was one of the chief founders of modern psychiatry. In this book, Jung examines some of the most contested and crucial areas in the field of analytical psychology: dream analysis, the primitive unconscious, and the relationship between psychology and religion. This volume also includes an analytical account of the differences between the theories of Jung and Freud.



The Portable Jung

Edited by Joseph Campbell
\$9.95. paper.
ISBN 0140150706.

In making this selection from Carl Jung's writings, Joseph Campbell has aimed to introduce the elementary terms and themes of analytical psychology.

The chosen texts also provide an overall understanding of the scope and direction of Jung's entire work and enable readers to grasp the bearing of mythic lore upon their own individual psychic process.

Symbols of Transformation

By C.G. Jung, translated by R.F.C. Hull
\$16.95. paper. ISBN 0691018154.

The original version of this work marked Jung's divergence from Freud in 1912. It soon became his most widely known and influential work. Because it represented a transitional state in the development of his theory, Jung long wished to revise it, and in 1952 he published a completely rewritten edition on which this translation is based. It's a learned, rich and beautifully illustrated commentary on an analysis of a case of incipient schizophrenia. Because of his consideration of many Classical, Oriental, and Western literary works, this volume has a particular interest for students of literature.

Synchronicity

By C.G. Jung, translated by R.F.C. Hull
\$7.95. paper. ISBN 0691017948.

Jung's only extended work in the field of parapsychology aims to incorporate the findings of ESP research into a general scientific point of view and to ascertain the nature of the psychic factor in such phenomena. While he had advanced the "synchronicity" hypothesis as early as the 1920s, Jung gave a full statement only in 1951, in an Eranos lecture. The following year he published the present monograph in a volume with a related study by the physicist and Nobel Prize winner

Wolfgang Pauli. Together with a wealth of historical and contemporary material, Jung describes an astrological experiment to test his theory.

Two Essays on Analytical Psychology

By C.G. Jung, translated by R.F.C. Hull
\$9.50. paper. ISBN 0691017824.

In these famous essays, "The Relationship between the Ego and the Unconscious" and "On the Psychology of the Unconscious," Jung presents the essential core of his system. Historically, they mark the end of his intimate association with Freud and sum up his attempt to integrate the psychological schools of Freud and Adler into a comprehensive framework.

Jungian Studies

Addiction To Perfection

The Still Unravished Bride

By Marion Woodman

\$17.00. paper. ISBN 0919123112.

Jungian analyst Woodman takes a powerful and authoritative look at the psychology and attitudes of modern women through an exploration of the mysteries present in dreams, literature and mythology. She also examines food rituals, rape symbolism, Christianity, imagery in the body, sexuality, creativity, and relationships. The final chapter celebrates the integration of body and spirit and shows what this can mean to a woman in terms of her personal independence.

The Dream

The Vision of the Night

By Max Zeller

\$14.95. paper. ISBN 0938434373.

A minor classic in the field of dream analysis, this is a collection of essays, lectures and vignettes by Jungian analyst Max Zeller. The eighteen pieces in this collection contain compassionate and incisive case studies. Also included are Zeller's reminiscences of pivotal incidents in his life: his meetings with Jung, his impressions of life in prewar Nazi Germany, and internment in a Nazi concentration camp.

He

Understanding Masculine Psychology

By Robert A. Johnson
\$7.95. paper.
ISBN 0060963964.

Robert A. Johnson examines the myth of Parsifal's search for the Holy Grail to try to find answers to these questions: What does it mean to be a man? What are some of the landmarks along the way to mature masculinity? And what of the feminine components to a man's personality?

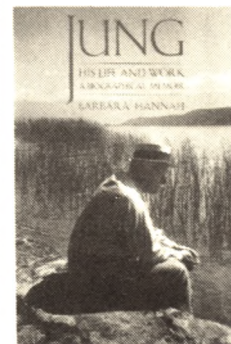


Jung, His Life and Work

A Biographical Memoir

By Barbara Hannah

\$16.00. paper. ISBN 0877736154.



This full-scale study of Jung's life and work by a pupil, friend, and close associate of more than thirty years, is a lucid, penetrating account that stresses the essential wholeness of the man and traces the difficult path by which that wholeness was achieved.

From his earliest years to his death, through the crowded inner and outer events of his long lifetime, this study presents a view of the real Jung rather than the creature of legend. Treating side by side his professional and personal life, it reveals, more than any other work to date, Jung's humanity and his genius as a "navigator of the unconscious."

A Little Book on the Human Shadow

By Robert Bly, edited by William Booth

\$8.95. paper. ISBN 0062548476.



Using poetry and storytelling, Robert Bly examines that part of the psyche Jung called the shadow, and which Marie-Louise von Franz says "is simply a mythological name for all that within me of which I cannot directly know." The Jungian analyst and writer Marion Woodman summed

this book up best: "Robert Bly cuts with a sharp scalpel into 'the long bag that we drag behind us,' exposing the repressed world that is meowing, snarling, rattling, clanging, wheezing, and rotting within us."

On Dreams and Death

By Marie-Louise von Franz

\$14.95. paper. ISBN 0877734054.

A collection of research and interpretations of patients dreams prior to a sudden or anticipated death that suggest a continuation into another form of life and not simply the end of earthly existence. The book is full of wisdom and insight by Jungian analyst von Franz and gives one a deeper respect for both our inner knowledge and the significance of dreams.

Shadow and Evil In Fairytales

By Marie-Louise von Franz

\$18.00. paper. ISBN 0882141090.



These two lectures artfully examine the depths of archetypal darkness through motifs and symbols of fairytales. Beginning with a clear definition of "the shadow" and how it appears in fairytales, von Franz demonstrates the necessary role the shadow plays in personality integration.

In the second part she shows how Anima, Witch, Trickster, Old King and other archetypal figures of dreams and fairytales enter our psychic lives.

She

Understanding Feminine Psychology

By Robert A. Johnson

\$7.95. paper. ISBN 0060963972.

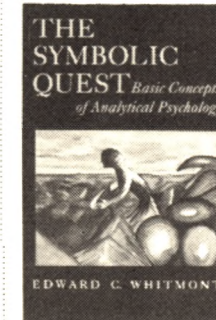
Scholars have long considered the ancient myth of Amor and Psyche to be symbolic of the story of a woman's task of becoming whole, complete, and individuated. Here, examining this ancient story in depth, Robert Johnson has produced an arresting and perceptive exploration of what it means to become a woman.

The Symbolic Quest

Basic Concepts of Analytical Psychology

By Edward C. Whitmont

\$12.95. paper. ISBN 3691024545.



In this acclaimed work, the author explores Jung's revolutionary discoveries about the archetypal world and the self, offering practical insight into the process of healing and transformation. Describing life as a dramatic story in which all our experiences take on meaning, Whitmont stresses

the need to encounter that story's symbolic underpinnings not only intellectually but also emotionally. He has added material amplifying the importance of one's relationship to collectivity and community and conveying new interpretations of classical Jungian thinking on gender archetypes.

Witness to the Fire

Creativity and the Veil of Addiction

By Linda Schierse Leonard

\$14.95. paper. ISBN 0877735883.

This powerful book spans the realms of Jungian psychology, existential philosophy and literary analysis to explore the relationship between addiction and creativity. By examining the works of writers such as Dostoevsky, Eugene O'Neill, Jack London, and Jean Rhys, as well as the experiences of people in recovery, the author holds out the hope that anyone bound by addiction can reclaim the power that fuels dependency for a life of joy and creativity.

The Wisdom of the Dream

The World of C.G. Jung

By Stephen Segaller and Merrill Berger

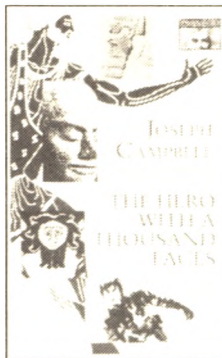
\$12.95. paper. ISBN 0877735875.

For many readers the first encounter with Jung's thought marks the beginning of an individual search for meaning. This book undertakes a journey in Jung's footsteps through Switzerland, the United States, and Africa and records the memories of his students, patients and followers. It's an encounter with a man of genius and humility whose devotion to understanding and curing psychological pain affected everyone around him.

If you live outside L.A. County,
you can call us toll-free at
1-800-825-9798

Joseph Campbell and Mircea Eliade (along with C.G. Jung) were the premier archetypal historians of our time. Though both men died in recent years, their impressive scholarship continues to deepen our understanding of the way myths, dreams, and religions guide and transform our consciousness.

Joseph Campbell



The Hero With a Thousand Faces
By Joseph Campbell
\$9.95. paper. ISBN 0691017840.

Campbell's pioneering classic text traces the story of the hero's journey and transformation through virtually all the mythologies of the world, revealing the one archetypal hero in them all.

The Hero's Journey

Joseph Campbell on His Life and Work
Edited by Phil Cousineau
\$14.95. paper. ISBN 0062501712.

This is the story of Campbell's lifelong journey into the world of mythology, religion, psychology and art. Exclusive interviews, lectures, and conversations with figures such as poet Robert Bly and Native American author Jamake Highwater reveal Joseph Campbell the man as well as the revered mythologist, teacher, and writer.

The Masks of God: 4 Volumes
By Joseph Campbell

Primitive Mythology

\$9.95. (vol. 1). paper. ISBN 0140043047.

The primitive roots of the mythology of the world are examined in the light of the most recent discoveries in archaeology, anthropology, and psychology.

Oriental Mythology

\$9.95. (vol. 2). paper. ISBN 0140043055.

An exploration of Eastern mythology as it developed into the distinctive religions of Egypt, India, China, and Japan.

Occidental Mythology

\$9.95. (vol. 3). paper. ISBN 0140043063.

A systematic and fascinating comparison of the themes that underlie the art, worship, and literature of the Western world.

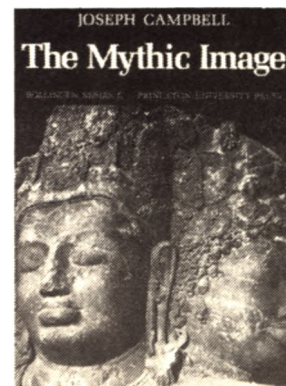
Creative Mythology

\$9.95. (vol. 4). paper. ISBN 0140043071.

The whole inner story of modern culture, spanning our entire philosophical, spiritual, and artistic history since the Dark Ages, and treating modern man's unique position as the creator of his own mythology.

The Mythic Image

By Joseph Campbell
\$24.95. paper. ISBN 0691018391.



"Imagery, especially the imagery of dreams, is the basis of mythology." Joseph Campbell's words are at once the inspiration and explanation for this book—a searching of the mythology of the world's high civiliza-

tions over five millennia through nearly four hundred and fifty illustrations of mythic art from Mesopotamian, Egyptian, Indian, Chinese, European, and Olmec culture.

The book is arranged so that the reader may enter into its pages at any point. Narrative and image are closely interwoven to produce experiences and arguments that are complete in themselves as well as a part of the larger theme of the book: that through dreams a door is opened to mythology

The Power of Myth

By Joseph Campbell with Bill Moyers
\$22.95. paper. ISBN 0385247745.

To Joseph Campbell, mythology was "the song of the universe, the music of the spheres." He and distinguished journalist Bill Moyers offer here a brilliant combination of wisdom and wit in conversations that range from modern marriage to virgin births, from savior figures to heroic figures. Subjects include: Myth and the Modern World, The Journey Inward, The First Storytellers, Sacrifice and Bliss, The Hero's Adventure, The Gift of the Goddess, Tales of Love and Marriage, and Masks of Eternity.

If you've only seen the video version of *The Power of Myth*, reading this book will extend and deepen your understanding since it includes about three times as much material as the videos.

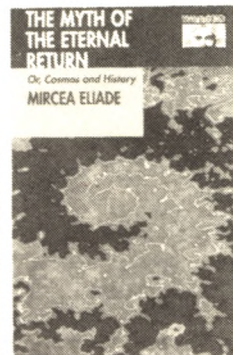
Mircea Eliade

The Myth of the Eternal Return

Or, Cosmos & History

By Mircea Eliade

\$9.95. paper. ISBN 0691017778.



Eliade here contrasts modern man's connection to history with pre-modern man's ahistorical connection to the natural rhythms of the universe. Through the repetition of mythic events and rituals, ancient man was able to constantly regenerate both cosmos and society. Eliade said, "I still consider it the most significant of my books; and when I am asked in what order they should be read, I always recommend beginning with the present work."

Rites and Symbols of Initiation

The Mysteries of Birth & Rebirth

By Mircea Eliade

\$8.95. paper. ISBN 0061312363.

Eliade has but one subject here: the almost universal prevalence in human culture of some form of initiatory rite and custom. The longing for rebirth, for a new mode of existence, a transfiguration of all that is, has many secular as well as religious expressions. Eliade takes an insightful look at the underlying meaning and purpose of initiation.

The Sacred and The Profane

The Nature of Religion

By Mircea Eliade

\$6.95. paper. ISBN 015679201X.

Here Eliade traces manifestations of the sacred from primitive to modern times. He shows how the total human experience for the religious man compares to that of the non-religious and observes that even moderns who proclaim themselves to live in a completely profane world are still unconsciously nourished by the memory of the sacred, in camouflaged myths and degenerated rituals.

Mythology

A Book of Angels

Reflections on Angels Past & Present and True Stories of How They Touch Our Lives

By Sophy Burnham

\$8.95. paper. ISBN 0345361571.

What do angels look like? Whom do they choose to visit? This beautiful book traces angels throughout history and in different cultures. Burnham writes about the angels of the Old Testament, Zoroastrian angels, Buddhist bodhisattvas, Islamic angels, Hindu asparas, the mysterious angels of the Jewish Kabbalah, of cherubim, seraphim, guardian angels, the angel of death, and more. An eloquent report from the place where Earth and Heaven meet.

Celtic Myth and Legend

Poetry & Romance

By Charles Squire

\$9.95. paper. ISBN 0878770305.

One of the most comprehensive studies of Celtic mythology, legend, and poetry ever written, presenting the entire panorama of the mythical and legendary traditions of the ancient Gaelic and British Celts. Included are the stories of all the chief characters of Celtic myth and the Gaelic gods as well as King Arthur and his knights of the roundtable.

Gods of the Greeks

By Carl Kerényi

\$10.95. paper. ISBN 0500270481.

Drawing on a wealth of sources, from Hesiod to Pausanias and from the Orphic Hymns to Proclus, Kerényi provides a clear and scholarly exposition of all the most important Greek myths.

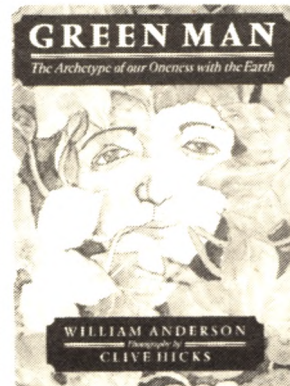
After a brief introduction, the complex genealogies of the gods lead him from the begettings of the Titans, from Aphrodite under all her titles and aspects, to the reign of Zeus, to Apollo and Hermes, touching the affairs of Pan, nymphs, satyrs, cosmogonies and the birth of mankind, until he reaches the ineffable mysteries of Dionysos.

Green Man

The Archetype of our Oneness with the Earth

By William Anderson

\$14.95. paper. ISBN 0062500759.



This beautifully illustrated book deals with the reawakening of the male counterpart of the Goddess, the Green Man, an archetype found in folklore and religious art from the earliest times, and especially linked with the Christian origins of modern science. Long suppressed, the archetype emerges now to challenge us to heal our relationship with nature.

Imaginary Landscape

Making Worlds of Myth & Science

By William Irwin Thompson

\$11.95. paper. ISBN 0312048084.

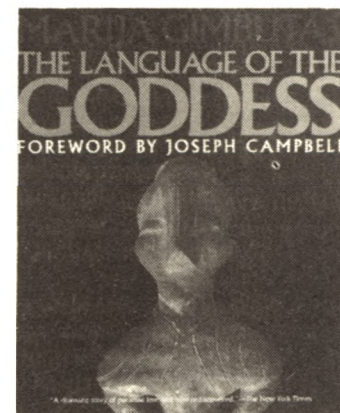
Our modern scientific sense of the world, Thompson argues, lacks the densely textured knowledge contained in myths and folklore. This wisdom reflects on patterns of nature that are only now being rediscovered by recent advances in mathematics and the "new biology." With insight into how human cultures develop patterns of intelligence beyond conscious intent, somewhat as conversations themselves can lead their participants beyond the sum of their thoughts, Thompson surveys a present in which the mingling of myth and science reaches toward the future

Language of the Goddess

Unearthing the Hidden Symbols of Western Civilization

By Marija Gimbutas

\$24.95. paper. ISBN 0062504185



This magnificently illustrated volume brings pre-patriarchal civilization to vivid life. A pioneer of archaeomythology, Gimbutas establishes the existence of earth-centered, nonviolent Goddess-worshiping civilization in Old Europe.

Through the interpretation of images and symbols, she reveals the life-embracing worldview of these ancient woman-centered cultures and decodes the symbolic language that has remained embedded in our civilization—a language now being passionately recovered by the women's, men's, and environmental movements.

Anthropology

The Chalice and the Blade

Our History, Our Future

By Riane Eisler

\$10.95. paper. ISBN 0062502891.



In this grand synthesis of history, literature, art, sociology, archaeology, politics and economics, Riane Eisler reconstructs the partnership society that existed in the Neolithic and Paleolithic ages and which preceded the global shift to patriarchy and a dominator society.

This early society was based on equality, nonviolence and harmony, and Eisler shows how it produced long periods of peace and prosperity. Her convincing findings not only reshape our view of the past but they also offer us a model for the future. The great anthropologist Ashley Montagu has called this "the most important book since Darwin's *Origin of Species*."

The Gaia Atlas of First Peoples

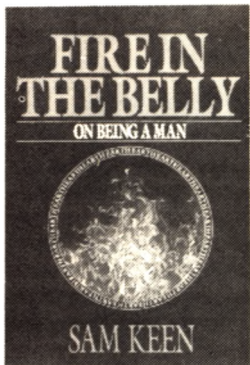
A Future for the Indigenous World

By Julian Burger

\$15.95. paper. ISBN 0385266537.

Though indigenous peoples are the first victims of the gathering human and ecological crisis, they may also be our best hope for the future. Through analysis, maps, and graphics, this unique new atlas shows how resource management, cooperation and conflict resolution are intrinsic to native cultures. By opening our eyes, ears and hearts to their message, we can learn to preserve the Earth, respect all life and evolve new strategies for our survival.

Men's Studies



Fire in the Belly
On Being a Man
By Sam Keen
\$19.95. cloth. ISBN 0553071882.

Today there are many restless, questioning men looking for new roles, ways of being, and healing for male woundedness. Keen daringly confronts outdated rites of passage, and offers new routes to the attainment of heroic qualities and a developed, self-actualizing, spiritually-grounded masculinity.

Gods In Everyman

A New Psychology of Men's Lives & Loves
By Jean Shinoda Bolen
\$9.95. paper. ISBN 0060972807.

Bolen traces the inner patterns that shape men's personalities, careers, and personal relationships. Using the Greek gods as cultural images of male archetypes, she reveals how men can choose the most satisfying options in life by knowing which gods are active within them. A compassionate and lucid male psychology.

Iron John

A Book About Men
By Robert Bly
\$19.95. cloth. ISBN 0201517205.

The celebrated book on male initiation and the role of the mentor. Using the fairy tale of Iron John, Bly traces the passage from boyhood to manhood and examines the stages of male growth on the psyche's journey of transformation. Bly shows how the images of manhood stored in ancient stories can guide and heal when the popular and conventional images have worn out. The most essential book of the men's movement.

King, Warrior, Magician, Lover

Rediscovering the Archetypes of the Mature Masculine
By Robert Moore and Douglas Gillette
\$9.95. paper. ISBN 0062506064.

A Jungian introduction to the psychological foundations of a mature, authentic, and revitalized masculinity. Moore - who with Robert Bly has pioneered the modern men's movement - and Gillette define the four major male archetypes that when recognized within the self can lead to a generative, creative, and mature masculine personality.

Men's Dreams, Men's Healing

By Robert Hopcke
\$9.95. paper. ISBN 0877735611.

Robert Hopcke spotlights the recurrent themes in men's dreams: a lack of feeling awareness, fear of intimacy, authority issues, and the experience of fatherhood. Drawing on Jung as well as Greek myths and Christian symbolism, Hopcke uses the inner journey of men's dreams to reframe masculine psychology and redefine what it means to be a male in modern times.

Women's Studies

Against Our Will

Men, Women and Rape
By Susan Brownmiller
\$6.95. paper. ISBN 0553258958.

A monumental work examining the hidden currents of male-female relationships. Brownmiller makes the case for rape being not a crime of lust but of violence and power.

Black Women Writers (1950-1980)

A Critical Evaluation
Edited by Mari Evans
\$13.95. paper. ISBN 0385171250.

A well organized compilation of essays on Black women writers from Maya Angelou to Alice Walker. Each writer speaks on herself, and is critically evaluated by two critics. Biographical and bibliographical data is provided on each writer.

The Dance Of Anger

A Woman's Guide To Changing The Patterns Of Intimate Relationships
By Harriet Goldhor Lerner, Ph.D.
\$12.00. paper. ISBN 006091565X.

The Dance Of Anger is an insightful guide that shows women how to turn anger into a constructive force for reshaping their lives. The book illuminates the causes and patterns of anger while providing specific strategies for making meaningful and lasting change in important relationships.

Goddesses In Everywoman

A New Psychology Of Women
By Jean Shinoda Bolen, M.D.
\$9.95. paper. ISBN 006091291X.

A wonderful book that explores the process of WOMAN using seven archetypal goddesses who demonstrate many behavior patterns and personality traits. Understanding these behavior patterns and their interrelationships can provide the key to self-knowledge and wholeness that may lead one to be the heroine of one's own life.

The Great Cosmic Mother

Rediscovering The Religions Of The Earth
By Monica Sjoo and Barbara Mor
\$17.95. paper. ISBN 0062507915.

Monica Sjoo and Barbara Mor show that the religion of the Goddess—which is tied to the cycles of women's bodies, the seasons, the phases of the moon, and the fertility of the earth—was the original religion of all humanity. By drawing on religious traditions, ancient cultures and archaeological sources, the Great Cosmic Mother is rediscovered.

The Heroine's Journey

Woman's Quest for Wholeness
By Maureen Murdock
\$11.00. paper. ISBN 0877734852.

Using personal stories and myths, this fine book provides a map for the female journey that helps women reconnect with the feminine, find empowerment in the Goddess, and heal the mother-daughter split.

"We may imagine our deep hurts not merely as wounds to be healed but as salt mines from which we gain a precious essence and without which the soul cannot live."

—James Hillman

In A Different Voice

Psychological Theory And Women's Development
By Carol Gilligan
\$7.95. paper. ISBN 0674445449.

Carol Gilligan looks at the psychological development of women and men. Realizing developmental theories have been built on observations of men's lives, Gilligan examines the different modes of thinking in the male and female voice in an attempt to correct psychology's misperceptions and refocus its view of female personality.

IN HER IMAGE

The Unhealed Daughter's Search For Her Mother
By Kathie Carlson
\$9.95. paper. ISBN 0877735840.

The primary bond between mother and daughter is the subject here. A Jungian oriented therapist shows how acknowledgement of the Great Mother archetype can help to heal wounds between mother and daughter and reconnect the very human problems of mothers and daughters with their deeper psychic roots.

The New Our Bodies, Ourselves

A Book By And For Women
By the Boston Women's Health Book Collective
\$17.95. paper. ISBN 0671460889.

This has been called "the most important work to come out of the women's movement". This new version is a more comprehensive sourcebook with the newest information and most current thinking on women's health care issues. Topics include: Body Image, Psychotherapy, Women Growing Older, and Developing An International Awareness.

The Second Stage

By Betty Friedan
\$5.95. paper. ISBN 0440208432.

Betty Friedan, who was instrumental in building the foundation of the modern women's movement, sees men and women in the midst of a subtle, intimate and yet more pervasive transformation. The second stage involves men and women each discovering their own 'personhood,' which may in turn promote the growth of a healthier more humane society for us all.

The Third Woman

Minority Women Writers Of The United States
By Dexter Fisher
\$29.95. paper. ISBN 0395277078.

A superb anthology of American Indian, Black, Chicana and Asian-American women writers that's filled with stories, poems and prose evoking the rhythm of the world. Ms. Fisher's insightful and scholarly perspectives, background facts and bibliographical information on each writer and culture make this a thoroughly excellent book.

An Unknown Woman

A Journey to Self-Discovery
By Alice Koller
\$9.00. quality-paper. ISBN 0553354825.
\$4.95. paper. ISBN 0553279505.

"I seem to believe there is no Me except in other eyes." Alice Koller takes a courageous journey inward to find—Alice Koller. Alone, in the middle of winter, thirty miles out to sea, she finds herself in her own eyes and discovers her own vision. This intensely personal journal speaks to the unknown person within each of us.

The Way Of All Women

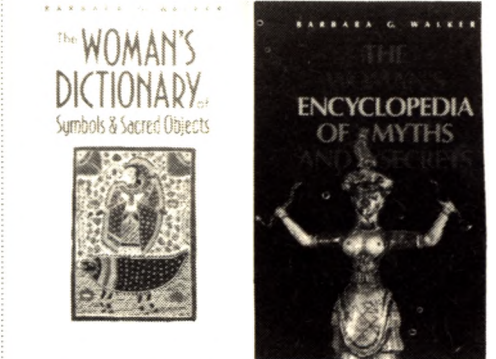
By M. Esther Harding
\$12.95. paper. ISBN 0877735735.

First appearing in 1933, *The Way Of All Women* was a groundbreaking study in feminine psychology. In this revised edition Dr. Harding stresses the need for a woman to work toward her own wholeness and develop the many sides of her nature, while emphasizing the importance of unconscious processes in the growth of the feminine psyche.

The Woman's Dictionary Of Symbols And Sacred Objects

By Barbara G. Walker
\$19.95. paper. ISBN 0062509233.

A fascinating guide to the history and mythology of woman-related symbols. The book is organized by shape of symbol or type of sacred object and includes introductory essays for each section. With 753 entries and 636 illustrations, this is an excellent companion book to the one below.



The Woman's Encyclopedia Of Myths And Secrets

By Barbara G. Walker
\$24.95. paper. ISBN 006250925X.

Twenty-five years in preparation, this unique, comprehensive sourcebook focuses on mythology, anthropology, religion and sexuality. Tracing word origins, legends, superstitions, and customs to their pre-patriarchal origins, Barbara G. Walker explores a thousand hidden pockets of history and custom. With over 1,350 entries on 1,124 pages, this is an invaluable resource.

The Wounded Woman

Healing The Father-Daughter Relationship
By Linda Schierse Leonard
\$10.00. paper. ISBN 0394721837.

Using examples from dreams, fairy tales, myths, films and literature, Leonard, a Jungian analyst, exposes a wound that both men and women of our culture bear—a wound grounded in a poor relationship between masculine and feminine principles. *The Wounded Woman* shows that healing can begin only by accepting and understanding this wound and working to transform it psychologically.

Sisterhood, like female friendship, has at its core the affirmation of freedom.

—Mary Daly

The Art and Practice of Loving

By Frank Andrews, Ph.D.

\$15.95. cloth. ISBN 0874776066.

This book contains inspirational quotations and texts drawn from every tradition, as well as 144 practices designed to cultivate a loving heart. The most wise men and women of all religious and philosophical traditions have taught the art and practice of loving, and here their knowledge has been beautifully distilled and collected in one volume.

The Art of Sexual Ecstasy

The Path of Sacred Sexuality for Western Lovers

By Margo Anand

\$16.95. paper. ISBN 0874775817.

In this elegantly illustrated guidebook, Margo Anand teaches couples to learn to connect with their natural sexual energies and the spiritual experience that connection brings. Utilizing her training in ancient Tantric and Taoist practices, Anand shows how visualization, breathing, massage, ritual, movement, and fantasy can enhance pleasure and deepen intimacy.

Challenge of the Heart

Love, Sex, & Intimacy in Changing Times

Edited by John Welwood

\$12.95. paper. ISBN 0394742001.

This excellent collection of essays by D.H. Lawrence, Robert Bly, Anne Morrow Lindbergh, Rainer Maria Rilke and others focuses on the questions, difficulties and challenges arising for men and women in love relationships today. Topics include erotic love, marriage as an ongoing path for personal transformation, and relationship as a vehicle for developing power, wisdom, and inner truth.

Coming Apart

Why Relationships End & How to Live Through the Ending of Yours

By Daphne Rose Kingma

\$4.95. paper. ISBN 0449216616.

Relationships enable us to define and discover who we really are. When one or both partners have completed this task, it may be time for the relationship to end. This book eases the pain and takes the guilt out of breaking up. Just as beginnings are full of joy and purpose, so endings can be provided we are willing to take the risk of changing.

Embracing Each Other

Relationship as Teacher, Healer & Guide
By Hal Stone & Sidra Winkelman

\$9.95. paper. ISBN 093143260X.

Each relationship brings with it the possibility of never-ending fascination and growth, but it also carries within itself the seeds of its own destruction. The choice is yours, say the authors, a husband and wife team who have made an original

MANTAK CHIA

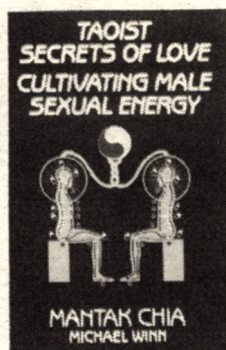
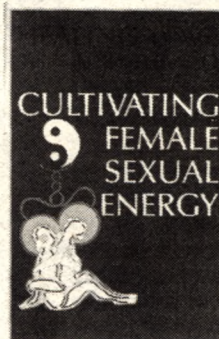
Master Mantak Chia reveals the ancient sexual secrets of the Taoist sages. Hidden for centuries, these esoteric techniques and principles link sexual energy with transcendent states of consciousness.

Healing Love Through The Tao

Cultivating Female Sexual Energy
By Mantak Chia & Maneewan Chia

\$14.95. paper. ISBN 0935621059.

There are two main practices which the authors teach to women. Both are designed to cultivate and enhance sexual energy. One is Ovarian Breathing, which can shorten menstruation, reduce cramps and compress more life-force energy (chi) into the ovaries for more sexual power. Another, the Orgasmic Upward Draw, can be done solo or with one's sexual partner. When this is mastered one can experience a total body orgasm that is beyond ordinary vaginal orgasm without losing life-force energy.



Taoist Secrets of Love

Cultivating Male Sexual Energy
By Mantak Chia & Michael Winn

\$14.95. paper. ISBN 0943358191.

In this work, men learn to conserve and transform sexual energy through its circulation in the Microcosmic Orbit, invigorating and rejuvenating the body's vital functions. The authors also show men how to maintain full sexual potency, how to conserve and store sperm in the body, and how to exchange and balance male and female energies within the body and with one's partner.

contribution to the way we view relationships as steps on the transformative path.

How To Make Love All The Time

By Barbara DeAngelis

\$5.95. paper. ISBN 0440208939.

Whether in a relationship or looking for one, you can learn from Barbara DeAngelis how to give and get the love you need. In this sensible and practical book, she shows how to: avoid the "four big mistakes" in love, determine the best kind of partner for you, tell if you've found the right partner, prevent relationship burnout, and rekindle your passion for living and loving.

Journey of the Heart

Intimate Relationship & the Path of Love
By John Welwood

\$10.00. paper. ISBN 0060921226.

This fine book teaches men & women that they can no longer rely on old roles and formulas to get along. Today's intimate relationship calls for a new kind of honesty and awareness, a willingness to let go of old patterns and cultivate new powers and sensitivities. John Welwood shows us how to learn to use whatever difficulties we face in relationships as opportunities to expand our sense of who we are and deepen our capacity to connect with others.

The Kama Sutra of Vatsyayana

Translated by Sir Richard Burton and F.F. Arbuthnot

\$4.50. paper. ISBN 0425095932.

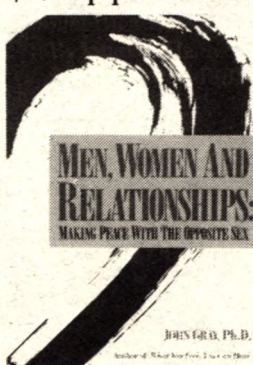
As one of the original guides to the ancient art of erotic love, this Hindu classic is as poetic and sublimely earthy as the activity it celebrates.

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you can call us toll-free at
1-800-825-9798

Men, Women, and Relationships

Making Peace With the Opposite Sex
By John Gray, Ph.D.

\$12.95. paper. ISBN 0941831507.



From healing and forgiving past hurts and resentments to increasing self-confidence and communication, John Gray's strategies can be used to enrich all relationships—intimate, family, friends, or business associates. This book offers innovative ways to create more love and support in your life.

The New Wedding

Creating Your Own Marriage Ceremony
By Khoren Arisian

\$13.95. paper. ISBN 0394719190.

If a traditional ceremony just isn't relevant to your own way of life, this book will help you to have a wedding that reflects the true nature of your commitment and your love.

You'll also find: twelve complete ceremonies that can be used as they stand or as models for creating your own ceremony; a history of marriage as contract and sacrament; and a sampling of poetry and prose to include in your ceremony.

Permanent Partners

Building Gay & Lesbian Relationships That Last
By Betty Berzon, Ph.D.

\$9.95. paper. ISBN 0452263085.

Gay and Lesbian couples who want a long-lasting, fulfilling, happy relationship will be interested in this book by Dr. Betty Berzon, a psychotherapist who specializes in working with same-sex couples. She offers clear, compassionate advice and counseling

on the internal and external problems faced by two men or two women as they try to create a life together. A warmly supportive book that helps to build partnerships that last.

Sexual Energy and Yoga

By Elisabeth Haich

\$8.95. paper. ISBN 0943358035.

The purpose of this book is to introduce the concept of transmuting the physical, emotional, mental and psychic energies people normally disperse in sexual activity. This process assists in uniting with the higher Self or God. Topics include: the creative serpent, the magic flower, the urge for unity and its corruptions, and sexual energy's false and true light.

Sexual Secrets

The Alchemy of Ecstasy

By Nik Douglas & Penny Slinger

\$19.95. paper. ISBN 0892812664.

The definitive and all-encompassing guide to sex and mysticism. In India, Nepal, Tibet, China, and Japan, sexuality has long been regarded as both an art and a science worthy of detailed study and practice. This book makes available the essential Eastern teachings on sexual wisdom in a vital and practicable form. More than six hundred illustrations and images of erotic sentiment help enhance the experience of the text.

The Tao of Relationships

A Guide to Love and Friendship for a New Age

By Ray Grigg

\$4.95. paper. ISBN 0553280430.

Ray Grigg draws on the profound wisdom of the Tao Te Ching to provide a new model for contemporary lovers. This book celebrates the dynamic balance of body and mind that a man and woman in love can share when they learn to follow the Tao.

"The urge between man and woman for each other is the same urge that is between root and flower, leaf and soil, breath and wind. In the West, the lover's art is perhaps the only way that the sage's art is accessible to everyone." —from the introduction.

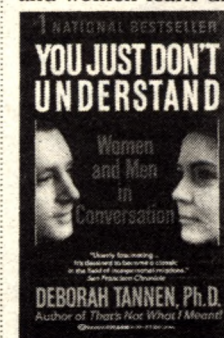
You Just Don't Understand

Women and Men in Conversation

By Deborah Tannen, Ph.D.

\$10.00. paper. ISBN 0345372050.

What we have here is a failure to communicate, says Deborah Tannen, because men and women learn different ways to converse as children and carry these styles into the world of adult discourse. Women use language to seek confirmation and intimacy, while men use it to protect independence and status. Using examples and anecdotes Tannen helps the battling sexes to understand each other's style of conversation and find peace in a common language.



Recovery

Addictive Organization

Why We Overwork, Cover Up, Pick Up the Pieces, Please the Boss & Perpetuate Sick Organizations
By Anne Wilson Schaeff & Diane Fassel

The Addictive Organization
Why We Overwork, Cover Up, Pick Up the Pieces, Please the Boss & Perpetuate Sick Organizations
By Anne Wilson Schaeff & Diane Fassel
\$7.95. paper. ISBN 0062548743.

The authors brilliantly reveal how dysfunctional addictive systems operate in business or other group endeavors, how to recognize them, and how to begin the recovery process.

Adult Children of Alcoholics

Expanded Edition
By Janet G. Woititz
\$8.95. paper. ISBN 1558741127.

Janet Woititz, the mother of the Adult Children of Alcoholics movement, provides wisdom and information for all Adult Children of dysfunctional families. In this new expanded edition she re-examines the movement and shares the recovery methods she has found to work.

Alcoholics Anonymous

The 3rd Edition of the Big Book Anonymous
\$8.50. cloth. ISBN 0916856003.

This is the A.A. message, just as it was introduced in 1939. Forty-four personal stories are included in this edition in the hope that many more people may be led toward recovery by reading an explanation of the A.A. program and the personal evidence that it works.

Beyond Codependency

And Getting Better All the Time
By Melody Beattie
\$9.95. paper. ISBN 0062554182.

In her follow-up book to *Codependent No More*, Melody Beattie tells us "what happens next." In her first book she showed us how to understand the patterns of codependency and how to acquire the principles of self-care. Here she shows us that in order to continue to grow, we need to be ready for the realization that recovery from codependency is a life-long process of growth and change.

Codependent No More

How to Stop Controlling Others and Start Caring for Yourself
By Melody Beattie
\$9.95. paper. ISBN 0062554468.

Melody Beattie shows the way to serenity for codependents who want to take care of themselves. She details the characteristics of codependent behavior, where it comes from and how it affects us. Offering hope and guidance, this book helps us understand that letting go will set us free.

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JOHN BRADSHAW

John Bradshaw is one of the leading figures in the field of recovery and dysfunctional families. Through his two nationally televised PBS series and his bestselling books he has touched and changed millions of lives.

Homecoming

Reclaiming & Championing Your Inner Child
By John Bradshaw
\$18.95. cloth. ISBN 0553057936.

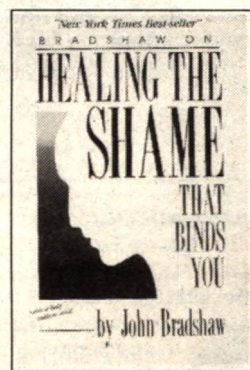
In his latest book, John Bradshaw presents the essence of the inner child workshop he calls "the most powerful work I have ever done." He outlines a transformative experience that identifies our inner child's persistent problems, reaches to the source of those problems, and literally offers us a chance to grow up again. Once reclaimed, our inner child ultimately becomes a "wonder child"—the source of a new joy and energy for living.



The Family

A Revolutionary Way of Self-Discovery
By John Bradshaw
\$9.95. paper. ISBN 0932194540.

Based on the series of the same name, Bradshaw here focuses on the dynamics of the family and how the rules and attitudes learned while growing up become encoded within each family member. Because so many families are emotionally impaired, the rules we learn create a dysfunctional family system that gets handed down from generation to generation. This book guides us out of our dysfunctions and puts us on the path to healing and wholeness.



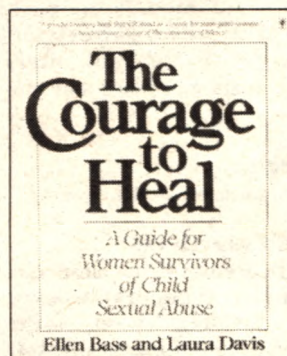
Healing the Shame That Binds You

By John Bradshaw
\$9.95. paper. ISBN 0932194869.

Here Bradshaw shows us how toxic shame is the core problem in our compulsions, co-dependencies, addictions and the drive to superachieve, resulting in the breakdown in the family system and our inability to go forward with our lives. We are bound by our shame. Using affirmations, visualizations, "inner voice" and "feeling" work plus guided meditations and other healing techniques, Bradshaw helps us release the shame that binds us to our past.

The Courage to Heal

A Guide for Women Survivors of Child Sexual Abuse
By Ellen Bass & Laura Davis
\$18.95. paper. ISBN 0060962348.



An inspiring guide that offers hope and encouragement to every woman who was sexually abused as a child. Weaving personal experiences with professional knowledge, the authors show the reader how she can come

to terms with her past while moving powerfully into the future. Although the effects of child sexual abuse are long-term and severe, this book is a comprehensive resource for healing.

Healing the Child Within

Discovery & Recovery For Adult Children of Dysfunctional Families
By Charles L. Whitfield, M.D.
\$8.95. paper. ISBN 0932194400.

The "child within" is the part of each of us that is ultimately alive, energetic, creative and fulfilled; it is our real self—who we really are. Dr. Whitfield describes the journey of discovery and shows us how we can learn to heal the fear, confusion, and unhappiness that is the result of growing up in a troubled or dysfunctional family.

Out of the Shadows

Understanding Sexual Addiction
By Patrick Carnes, Ph.D.
\$9.95. paper. ISBN 0896380866.

One of the first books to identify and define sexual addiction, it has since become the sourcebook for understanding this illness, and the standard against which all other books are measured. Therapists have called it "a bible on the subject."

The Twelve Steps—A Way Out

A Working Guide for Adult Children from Addictive and Other Dysfunctional Families
By Friends in Recovery
\$14.95. paper. ISBN 0941405079.

Because children raised in addictive and other dysfunctional families lack genuine feelings of self-worth, they are handicapped in their ability to feel whole or to give and receive love as adults. Using the Twelve Step program of Alcoholics Anonymous, this workbook creates powerful tools for individuals seeking to resolve painful issues from their childhoods.

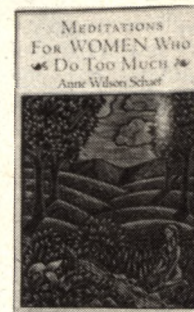
Recovery Meditations

Affirmations for the Inner Child

By Rokelle Lerner
\$6.95. paper. ISBN 1558740546.

As children, many of us received negative lessons from our parents that often manifest themselves in self-defeating adult actions.

This book is for those adults ready to heal their childhood wounds and move from a life of pain to the path of recovery. Through reparenting your inner child you can experience life anew.



Meditations for Women Who Do Too Much

By Anne Wilson Schaeff
\$9.95. paper. ISBN 0062548662.

Many of today's women are overextended—addicted to working, rushing, taking care of other people's needs. Full of wisdom, insight, and humor, these 365 meditations help break the cycle of doing too much and are a welcome antidote to the mad rush of modern living.

Touchstones

A Book of Daily Meditations for Men
Hazelden Meditation Series
\$8.95. paper. ISBN 006255445X.

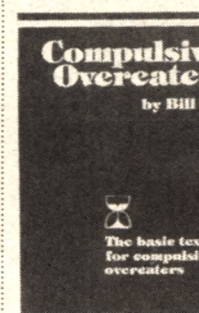


Written by and for men recovering from addictions, this book addresses such concerns as spirituality, intimacy, loneliness, and relating to others as a spouse, father, or friend. It offers a year's worth of daily readings, each of which includes a quote, a meditation, and a closing thought.

Eating Disorders

Compulsive Overeater

The Basic Text for Compulsive Overeaters
By Bill B.
\$18.95. cloth. ISBN 0896380467.



Based on a special adaptation of the Twelve Steps of Alcoholics Anonymous (AA), the powerfully clear message of this book has helped thousands of overeaters achieve weight loss, improve health, and find serenity. Bill B. talks frankly about abstinence, trust, self-inventories, money, and more.

The Hungry Self

Women, Eating & Identity
By Kim Chernin
\$9.95. paper. ISBN 006097026X.



This work explores the relationship between mothers and daughters and the latter's reluctance to grow beyond the former to achieve the independence and autonomy expected of them in today's world. Instead, daughters of all ages and backgrounds flee the struggle for identity and

self-development into an obsession with food. A compelling and thought-provoking book.

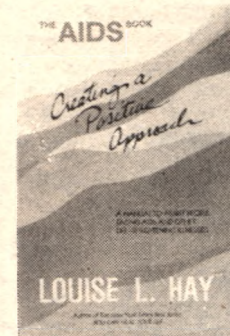
Health & Healing Arts

The AIDS Book

Creating a Positive Approach

By Louise L. Hay

\$10.00. paper. ISBN 0937611328.



illness.

This book is based on Louise Hay's work in her weekly support group and contains real life experiences of people with AIDS. But the references, affirmations and awareness exercises are equally as valuable for anyone facing cancer, heart disease, diabetes or any other life-threatening

Ayurvedic Healing

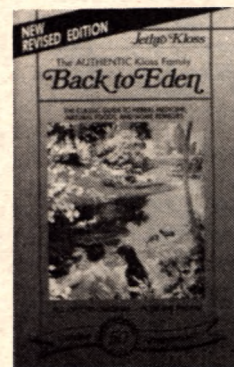
A Comprehensive Guide

By David Frawley

\$18.95. paper. ISBN 1878423002.

Ayurvedic Healing presents detailed methods for constitution balancing and treatment of common diseases. Methods include diet, herbs, oils, aromas, gems and mantras, as well as lifestyle counseling. Provides simple and accessible information for the layman and specific knowledge for the serious

student of ayurveda.



Back to Eden

By Jethro Kloss

\$10.95. paper. ISBN 0940985098.

The updated and expanded version of this classic guide to herbal medicine, natural foods and home remedies. Originally published in 1939, *Back to Eden* continues to be the comprehensive reference for the home. Includes helpful illustrations, tables and indexes.

Chinese Medicine

As a Scientific System: its History, Philosophy, and Practice, and How it Fits with the Medicine of the West

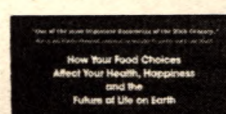
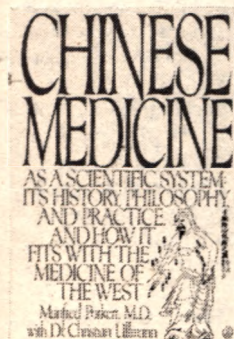
By Manfred Porkert, M.D.

with Dr. Christian Ullmann

\$12.95. paper. ISBN 080501277X

Written for both the layman and the health professional alike, *Chinese Medicine* provides a basic understanding of a most complex discipline. It elucidates a complete system of treatment that incorporates both Eastern and Western techniques.

Porkert also explores traditional Chinese techniques as acupuncture, acupressure and Chinese herbology, while providing the reader with a firm knowledge of the Yin/Yang principle that this Eastern medicine is based upon.

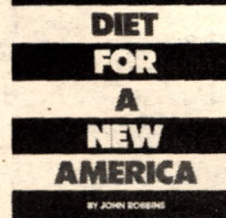


Diet for a New America

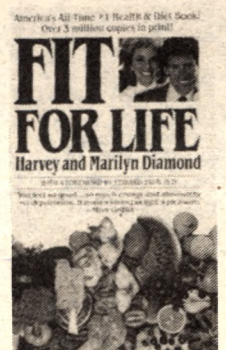
By John Robbins

\$13.95. paper.

ISBN 0913299545.



Diet for a New America is an probing look at our dependence on animals for food, and the profoundly inhumane and unhealthy conditions under which they are currently raised. It is a well written and moving account of these conditions, and reveals the physical, emotional and economic price we unknowingly pay.



Fit for Life

By Harvey and Marilyn Diamond

\$5.95. paper.

ISBN 0446300152.

Nutrition specialists Harvey and Marilyn Diamond explain how you can eat more kinds of food than you ever ate before without counting calories....and still lose weight. It's a natural body cycle, permanent weight loss plan that proves it's not only what you eat, but also when and how. Topics covered include: the Vital Principals that bring you permanent weight loss and high energy; the Fit for Life secrets of food combining; the four week meal plan, menus, recipes, shopping tips, exercises and more.

The Food Allergy Plan

A Working Doctor's Self-Help Guide to New Medical Discoveries

By Keith Mumby, M.D.

\$7.95. paper.

ISBN 0916360334.

This unique and useful book is drawn from ground-breaking research by a group of specialized doctors known as "clinical ecologists" who specialize in food and environmental allergies. Dr. Mumby explains how to use this diet to discover hidden allergies that may be causing you physical or psychological distress. This easy-to-use book includes many recent discoveries relating to such problems as Candida, the hidden effects of pollution etc.

The Food Allergy Plan

A Working Doctor's Self-Help Guide to New Medical Discoveries

Dr. Keith Mumby

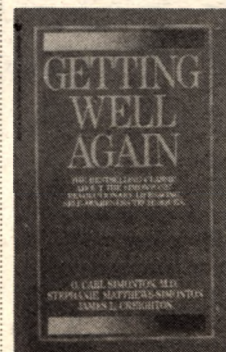
ISBN 0916360334.

Getting Well Again

By O. Carl Simonton, M.D.

\$4.95. paper. ISBN 0553280333.

Getting Well Again profiles the typical "cancer personality": how an individual's reaction to stress and other emotional factors can contribute to the onset and progress of cancer—and how positive expectations, self-awareness and self-care can contribute to survival. This book offers the same self-help techniques that Simonton's patients have successfully used to reinforce traditional medical treatment.



Love, Medicine and Miracles

Lessons Learned About Self-healing from a Surgeon's Experience with Exceptional Patients

By Bernie S. Siegel, M.D.

\$10.95. paper. ISBN 0060919833.

Unconditional love is the most powerful stimulant of the immune system. The truth is: love heals. Miracles happen to exceptional patients every day—patients who have the courage to love, those who have the courage to work with their doctors to participate in the process of their own recovery. Dr. Siegel explores miracles that he's encountered in his practice and gives advice on how to invite these miracles into your life.

The Master Cleanser

By Stanley Burroughs

\$3.50. paper. ISBN 9990012296.

Learn how to make this simple internal cleanser based on the lemonade diet. Explains why it works, how to use it—all in a 68 page booklet.

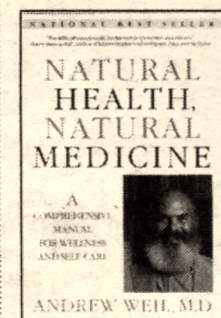
Natural Health, Natural Medicine

A Comprehensive Manual for Wellness and Self-Care

By Andrew Weil, M.D.

\$9.95. paper. ISBN 0395581222.

Natural medicine has become a legitimate and respected adjunct to traditional Western allopathic treatment. Dr. Weil, one of the world's leading authorities on health and medical therapies, shows you how to take an active role in the prevention and treatment of illness, using strategies that he has developed through years of research, practice and teaching.



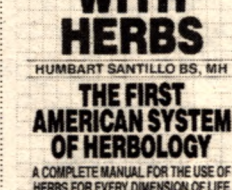
Natural Healing with Herbs

By Humbart Santillo BS, MH

\$14.95. paper.

ISBN 0934252084.

A complete reference guide for the use of herbs. Herbal therapies are explained by the author who includes an extensive list of commonly used herbs, their therapeutic properties and application methods.



Nontoxic, Natural, and Earthwise

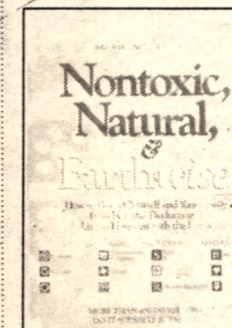
How To Protect Your Family from Harmful Products and Live in Harmony with the Earth

By Debra Lynn Dadd

\$12.95. paper.

0874775841.

In this second edition of this pioneering buyer's guide, consumer advocate Dadd not only helps you identify products that are safe for your home, but shows you how to protect the environment as



you go about your daily shopping. Contains a comprehensive listing of healthful products available through retail and mail order sources, and a rating that indicates both their safety and their environmental impact.

The Way of Hope

Michio Kushi's Anti-Aids Program

By Tom Monte

\$12.95. paper. ISBN 0446391743.

This is the story of ten courageous men who dared to hope. All New York homosexuals suffering from AIDS, they volunteered for an extraordinary experiment based on an ancient philosophy and simple way of life. The program they followed, under the guidance of world-renowned Michio Kushi, was macrobiotics, a diet based on the principles of balance and harmony. *The Way of Hope* chronicles their experience and provides detailed information about this drug-free, proven regimen for strengthening the immune system.



The Yoga of Herbs

An Ayurvedic Guide to Herbal Medicine

By David Frawley

\$11.95. paper.

ISBN 0941524258.

Listed are over 250 herbs with a detailed explanation of their properties and uses in Ayurvedic medicine. Included are many of the most commonly used

Western herbs with a special section of charts and diagrams for easy reference. The author also examines the use of Chinese herbs and ways to integrate them into the practice of Ayurveda.

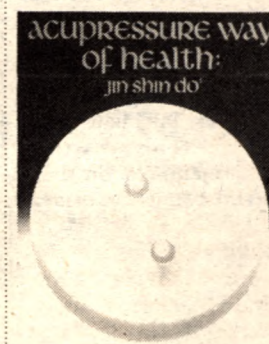
Body Work

Acupressure Way of Health: Jin Shin Do

By Iona Marsaa Teeguarden

\$12.95. paper.

ISBN 0870404210.



IONA MARSAA TEEGUARDEN

This book explores the fundamentals of Jin Shin Do and includes detailed illustrations of the channels of energy flow in the body. The author provides a broad overview for anyone interested in learning the basics of acupressure while exploring specific techniques with instructive text and photographs.

The Alexander Technique

Learning to Use Your Body for Total Energy

By Sarah Barker

\$4.95. paper. ISBN 055328827X.

The Alexander Technique relies on one simple principle to realign the body for maximum health and vigor. It's not an exercise program, but a subtle shift in the way you stand, sit, walk, drive, or climb stairs that makes a difference in the way you look and feel. The technique is presented in easy to understand steps with photos for illustration.

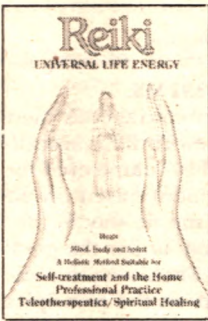
Helping Yourself with Foot Reflexology

By Mildred Carter

\$5.95. paper. ISBN 0133865320.

"Reflexology is a scientific technique of massage," says Mrs. Carter, "that has a definite effect on the normal functioning of all parts of the body.... This book will show you

with pictures and charts, in a simple way, how to massage these areas to bring relief from pain and diseases." Includes helpful photographs to illustrate massage techniques.



Reiki
Universal Life Energy
By Bodo Baginski &
Shalila Sharamon
\$12.95. paper. ISBN 0940795027.

While the roots of Reiki reach far back into the ancient origins of natural healing, the method presented here has been rediscovered in modern times and is well on the way of becoming a widely practiced folk medicine. The authors explain how Reiki acts, how it can be learned, and its various uses.

Touch for Health

By John Thie
\$17.95. paper. ISBN 0875361804.

A practical guide to natural health using acupressure touch and massage to improve structural balance and reduce physical and mental pain and tension.

A thorough and detailed resource tool for the layman or professional. Includes excellent photographs and illustrations of the meridians and muscle systems.

Rolfing

Reestablishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Well-Being

By Ida Rolf
\$18.95. paper. ISBN 0892813350.

ROLFING

Reestablishing
the Natural Alignment
and Structural
Integration
of the Human Body
for Vitality and
Well-Being

IDA P. ROLF, Ph.D.

The original classic text on Rolfing, Ida Rolf's seminal work first appeared to great critical acclaim in 1977. A system of structural integration developed by Dr. Rolf, Rolfing aligns and balances the

body through systematic manipulation that loosens and reorganizes the connective tissue.

Traditional Acupuncture

The Law of the Five Elements
By Dianne M. Connelly, Ph.D., M.Ac.
\$14.00. paper. ISBN 0912379014.

An excellent study of the five elements that comprise the basis for the practice of acupuncture—the 5,000 year old system of Chinese medicine that is gaining popularity in the West. Connelly examines each element in depth and explains the process of diagnosis and treatment. Includes interesting case histories and their outcomes.

Your Healing Hands

The Polarity Experience
By Richard Gordon
\$10.95. paper. ISBN 0914728490.

Polarity balancing is recognized as one of the most powerful tools in the holistic field due to its simplicity and effectiveness. It is easy to learn, subtle, and powerful. Using

HOMEOPATHY

EVERYBODY'S GUIDE TO
**HOMEOPATHIC
MEDICINES**

Taking Care of Yourself
and Your Family
with Safe and Effective Remedies

Stephen Cummings, M.D.
Dana Ullman, M.P.H.

Everybody's Guide to Homeopathic Medicines

Taking Care of Yourself and Your Family with Safe and Effective Remedies

By Stephen Cummings, M.D. & Dana Ullman, M.P.H.
\$10.95. paper. ISBN 0874776414.

Revised and expanded, *Everybody's Guide to Homeopathic Medicines* is a complete resource guide for the layman or homeopathic practitioner. This book teaches you how to prescribe natural medicines for a range of conditions with advice on the best time to seek professional health care. Also includes a new guide to homeopathic pharmacies and organizations.

Homeopathic Medicine at Home

Natural Remedies for Everyday Ailments and Minor Injuries

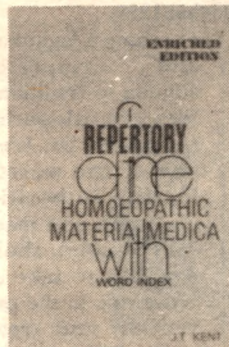
By Maesimund B. Panos
\$9.95. paper. ISBN 0874771951

An excellent homeopathic reference guide written for the home. Covers the types of everyday medical emergencies encountered and gives helpful and timely advice that will enable you to make informed decisions for the care of your family. Includes easy-to-read tables to help you locate remedies and medicines appropriate to the situation.

Lectures on Homeopathic Materia Medica

By James T. Kent
\$8.10. cloth. ISBN 817021002X.

Kent's lectures presents "pen-pictures" of the remedies in a narrative and informal style. Besides providing interesting reading, Kent provides a depth of knowledge that is invaluable to any homeopathic clinician. Contains profiles of over 200 remedies, in addition to 28 new remedies.



Repertory of the Homeopathic Materia Medica with Word Index

By James T. Kent
\$11.50. cloth. ISBN 8170210593.

Widely recognized as being the most important repertory available. Includes thumb-indexed chapter guides for easy reference and ease of use. This 1500 page classic is the most complete repertory available—all at an incredibly low price.

Available in large-print edition.
\$19.95. cloth. ISBN 8170210836.

Materia Medica with Repertory

By William Boericke
\$5.50. cloth. ISBN 9990034532.

The most popular repertory, Boericke's *Materia Medica* provides a wealth of information in compact and concise form. Containing hundreds of remedies, this manual is well organized and very easy to use.

YOUR HEALING HANDS

The Polarity Experience



the natural life-force that flows through everyone's hands, it is possible to release blocked currents of energy that accompany symptoms of illness and restore a person's balance and health. Illustrated and presented in step by step lessons.

Cooking

Aveline Kushi's Complete Guide to Macrobiotic Cooking

For Health, Harmony, and Peace
By Aveline Kushi
\$14.95. paper. ISBN 0446386340.

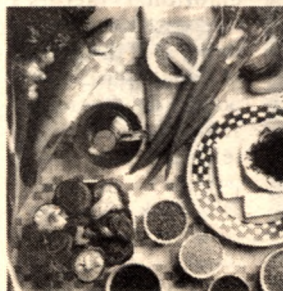
Aveline Kushi explains how to create balanced whole food meals the whole family will enjoy. Topics covered include: How to prepare brown rice, tofu, miso and other natural foods. Where to buy and how to select the highest quality whole grains, beans, vegetables etc. How to harmonize with the seasons

and make use of the medicinal qualities of different foods. Includes many delicious recipes that put to use the principles of good health.

The Healing Power of Food

A Gourmet Cookbook for Lives in Transition
By Jeff Woodward
\$18.95. paper. ISBN 999012146X.

This is a most wonderfully accessible cookbook by the master chef Jeff Woodward that combines the traditional wisdom of Oriental Medicine with the aesthetic techniques of Continental cuisine. Woodward, a nationally-recognized authority on diet and nutrition, has written a cookbook about real food, about a way of eating that emphasizes vitality, nutrition, and the satisfaction of authentic flavors.



Basic Macrobiotic Cooking

Procedures of Grain and Vegetable Cookery
By Julia Ferre
\$9.95. paper. ISBN 0918860474.

Anyone interested in preparing macrobiotic food will find this a helpful resource guide when preparing whole grains and vegetables. Especially good for helping you create balanced meals with foods that are easily found in the local market. Includes advice for choosing seasonal foods and menu selection.

Madhur Jaffrey's World of the East Vegetarian Cooking

By Madhur Jaffrey
\$19.00. paper. ISBN 0394748670.

A whole new world of magnificent recipes to delight and nourish the vegetarian. From her own India, from Bali, Japan, China, from the Far East and Middle Eastern countries where vegetarian cooking is an age old tradition, Madhur Jaffrey brings us tantalizing new dishes, delectable ways of using nutritious ingredients and more than 400 recipes.

The Moosewood Cookbook

By Mollie Katzen
\$13.95. paper. ISBN 0913668680.

This wonderful cookbook represents an adaptation-for-home-use of the cuisine of Moosewood Restaurant in Ithaca, New York.

Moosewood cooks share recipes, trade cooking styles and draw on the world's cuisines to create their unique combination of whole foods. The result is an eclectic cuisine, with vegetarian and ethnic emphasis, using the freshest ingredients available. This cookbook is highly recommended.

The New Laurel's Kitchen

By Laurel Robertson, Carol Flinders, and Brain Ruppenthal
\$21.95. paper. ISBN 089815166X.

The all-new tenth anniversary edition: this is a complete cookbook and reference center for the whole foods kitchen. This book uses foods that are commonly found in your kitchen and transforms them into healthy recipes that vary and improve your meals. The best resource book for the reborn health nut.

Thai Cooking

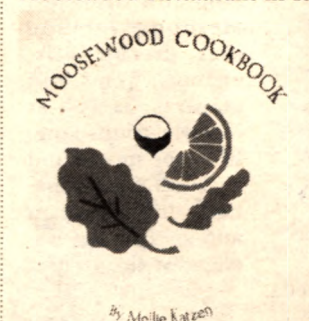
From the Siam Restaurant
By Somsai & Kwan-Ruan Aksomchun
\$16.95. paper. ISBN 1556430744.

Siam Cuisine is a unique restaurant in Berkeley, California, that has been acclaimed since the early eighties for the most authentic and interesting Thai food outside of Bangkok. Over 100 recipes are presented in an easy to follow format that will allow you to impress your friends with your culinary skill.

Vegetarian Dishes for Around the World

By Rose Elliot
\$14.95. paper. ISBN 0394749979.

This tantalizing cookbook gathers the best of traditional vegetarian cooking from Europe, North and South America, Africa, and Asia to make possible menus of endless variety for vegetarians—or anyone who just enjoys good eating. Includes a wide variety of sauces and desserts.



The New Laurel's Kitchen

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Thai Cooking

From the Siam Restaurant
By Somsai & Kwan-Ruan Aksomchun
\$16.95. paper. ISBN 1556430744.

Siam Cuisine is a unique restaurant in Berkeley, California, that has been acclaimed since the early eighties for the most authentic and interesting Thai food outside of Bangkok. Over 100 recipes are presented in an easy to follow format that will allow you to impress your friends with your culinary skill.

Vegetarian Dishes for Around the World

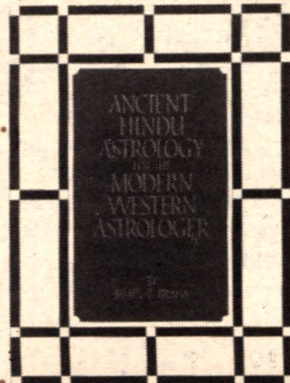
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This tantalizing cookbook gathers the best of traditional vegetarian cooking from Europe, North and South America, Africa, and Asia to make possible menus of endless variety for vegetarians—or anyone who just enjoys good eating. Includes a wide variety of sauces and desserts.

Astrology

Ancient Hindu Astrology for the Modern Western Astrologer

By James Braha
\$24.95. cloth. ISBN 0935895000.



A clear exposition of Hindu astrology. Robert Hand, considered one of the world's greatest astrologers, says: "This book is not only the best introduction to Hindu astrology that there is, it is a superbly written astrology book in its own right. James Braha has done an excellent job of making the reasoning process of astrology clear to the reader, especially considering that it is Hindu astrology that he writes about. The book fills an enormous gap and fills it well. With this book under one's belt, the others begin to make sense. Even the Hindu books then become understandable to someone who has not had the chance to study under a Hindu astrologer...a masterpiece...!"

The Astrologer's Handbook

With Complete Instructions for Interpreting Any Natal Chart & Step-by-Step Instructions for Casting Your Own Charts

By Frances Sakoian & Louis S.Acker
\$10.95. paper. ISBN 0060914955.



Although undertaken originally to meet the demands of professional astrologers, this book serves every reader. The authors explain carefully all of the central concepts of aspects, discussing their impact on the human personality and exploring their subtle but firm influence in our lives. Easy-to-follow instructions are provided for doing a complete interpretation of a natal chart and step-by-step instructions are given for casting a horoscope. For those who prefer, special coupons are provided for purchasing personalized computer-generated charts cross-referenced to proper pages in this book.

Astrology

A Cosmic Science
By Isabel M. Hickey
\$23.50. cloth. ISBN 9990057427.

This perennial best seller first printed in 1970 combines the inner and outer aspects of astrology in a unique and inspirational manner. The horoscope is not viewed fatalistically, it represents the personality and shows the tendencies and habit patterns brought into this lifetime from other lifetimes. Behind the personality lies the power of the real self that can change the outer self completely. Change your character and you can change your destiny. The right use of astrology shows you what needs changing and how to change. This is what this book is all about. Chapters include all that is needed for chart interpretation.

Astrology, Karma, & Transformation

The Inner Dimensions of the Birth Chart
By Stephen Arroyo
\$12.95. paper. ISBN 0916360032.

This insightful and original book focuses on the understanding and use of astrology as a tool for spiritual and psychological growth.

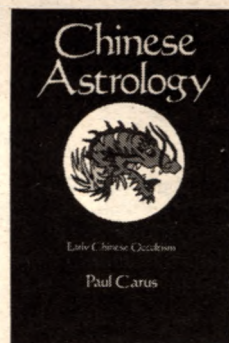


In contrast to traditional prediction-oriented astrology, this new approach to astrology is based upon the law of karma and the urge toward self-transformation. Especially emphasizing the transformative and karmic significance of Saturn, Uranus, Neptune, and Pluto, this book places all astrological techniques in a growth-oriented perspective.

It is especially pertinent for those whose interest in astrology is based on a recognition of its spiritual significance and its value for enhancing self-knowledge. Included are chapters on such topics as: karma and relationships; progressions; transits; astrology in the Edgar Cayce readings; the meaning of the Ascendant and its ruler; and a positive approach to Saturn.

Chinese Astrology

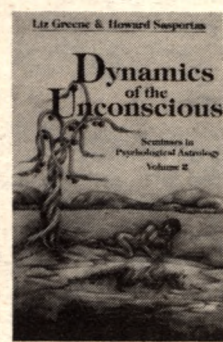
Early Chinese Occultism
By Paul Carus
\$6.95. paper. ISBN 0875481558.



This book contains a lucid account of the major systems of Chinese mysticism and pictures Chinese astrology and Western astrology side by side. Tables of symbols handily compare Chinese, Indian, Roman and Egyptian astrological symbols. It is fascinating to note the puzzling similarities of symbols—one wonders if there was more exchange between the East and West at the dawn of civilization than has been documented to date.

Dynamics of the Unconscious

Seminars in Psychological Astrology
By Liz Greene & Howard Sasportas
\$13.50. paper. ISBN 0877286744.



The authors are both psychologists—Greene in the Jungian tradition, Sasportas in humanistic psychology and psychosynthesis—and they team up here to show how the dynamics of depth psychology work on your birthchart. Sasportas focuses on astrology and the psychology of aggression. He then investigates the quest for the sublime. Greene talks about depression, suggesting that it is part of a process that leads to fuller life expression, and shows how depression reveals itself astrologically. She ends the book with the alchemical symbolism contained in the horoscope, helping readers to understand various stages of psychological and spiritual development and ties this into astrological aspects, transits and progressions. An important reference book for counseling astrologers and anyone else looking for special insight.

Moon Signs

The Key to Your Inner Life
By Donna Cunningham
\$4.95. paper. ISBN 0345347242.

All the information needed for astrological novices to determine moon signs and to analyze the placements. The author, an astrologer and therapist, explains these effects of lunar influences: a person's potential for intimacy, sense of security, family ties, susceptibility to food and drink, career ambition, as well as how

men and women respond differently to the same lunar promptings in love and life.

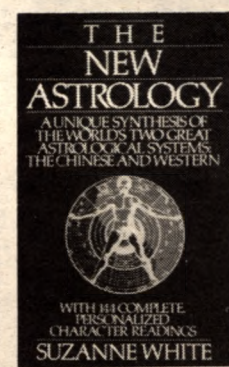
The New A to Z Horoscope Maker and Delineator

By George Llewellyn
\$12.95. paper. ISBN 0875422640.

For over fifty years this book has been a major textbook and reference book for teachers, professionals, practicing and beginning astrologers. Now revised and expanded in this new edition to meet the needs of the modern audience, this volume contains more information than any other manual, including horoscope construction, horoscope interpretation, the progressed chart, transits, rectification, locality charts and an astrological dictionary. Fully indexed and illustrated.

The New Astrology

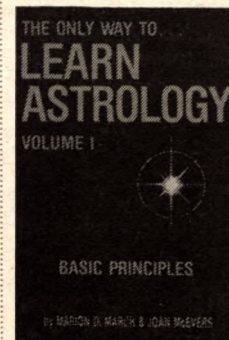
A Unique Synthesis of the World's Two Great Astrological Systems: The Chinese and Western
By Suzanne White
\$14.95. paper. ISBN 0312017979.



Though the practice of astrology is many centuries old, it is only once in a generation that a thoroughly new original way of looking at the Zodiac is discovered. This book gives such a system, a provocative thesis, that there are not 12 but 144 signs of the Zodiac, each distinct, unique and vital to everyone's quest for self understanding. By combining the astrological systems of the traditional Chinese (terrestrial) with that of the Occident (celestial) the author demonstrates that each of us is governed by two signs. Hence the Capricorn Tiger is likely to be quite different from a Capricorn Cat and so on. This unique blend of Western and Chinese astrology gives detailed analyses of each of the 144 signs, including sections on love, sex, and romance, business, money, careers; home life, and compatibility with other signs.

The Only Way to Learn Astrology

Vol. I Basic Principles
Vol. II Math & Interpretation Techniques
Vol. III Horoscope Analysis
By Marion March & Joan McEvers
\$12.95. paper. ISBN 0917086007 (Vol.I).
\$12.95. paper. ISBN 0917086260 (Vol.II).
\$12.95. paper. ISBN 0917086430 (Vol.III).



These three volumes are true teaching texts, showing the reader how to proceed step by step. In Volume I the basics of signs, planets, houses, and aspects are explained, followed by a detailed delineation of each of the planets in each of the signs, houses and in aspect. Volume II explains the mathematics of horoscope interpretation, provides special tools to refine interpretation, and then details in-depth psychological analysis and special sensitive points.

Volume III continues by presenting refinements of astrological interpretation, i.e. putting it all together. Many examples of charts are given, and specific areas of interpretation are treated such as health, vocation, personal appearance, marriage and more. These three volumes are teaching texts and the final result is a practicing astrologer.

Planets in Transit

Life Cycles for Living
By Robert Hand
\$22.95. paper. ISBN 0914918249.

If you are going to purchase one book for transit interpretation, this is the definitive work. Its psychological insight and its completeness as a reference book have brought the author recognition as the leading astrologer of his generation. He takes a humanistic, multi-leveled approach to the meanings of transits: the events that may happen, the feelings you may experience, and the possibilities of each transit for growth and awareness. The book covers complete delineations of all the major transits. Introductory chapters include an analysis of prediction; transits, progressions, and directions; the relationship between external events and psychological changes; and how to interpret and use transits.

The Rising Sign

Your Astrological Mask
By Jeanne Avery
\$10.95. paper. ISBN 0385132786.



While the sun sign describes an individual's fundamental character, desires, and needs, it is the rising sign, or ascendant, that describes the part of the personality that is most easily expressed; it describes how a person allows others to see him. Many times an individual's deepest, innermost self is quite different from the picture he presents. If an individual can grow past his facade and barriers, he may find untold riches, but as long as he needs safety devices, he may "hide" behind the outer personality described by the ascendant. The first step toward growth is awareness. With its insightful exploration of the masks we choose to wear, this book is one such first step.

A Spiritual Approach to Astrology

A Complete Textbook of Astrology
By Myrna Lofthus
\$14.95. paper. ISBN 0916360105.



Drawing upon the universal teaching of reincarnation, especially Edgar Cayce's work, this book treats karmic patterns reflected in the birth chart. Astrology is placed within a spiritual context and is accessible to beginning students with no prior knowledge of astrology, and to the more advanced student who wants a more specialized work on the subtler implications of astrology.

There is a 130 page section on the karmic meaning of planetary aspects, and dozens of charts and illustrations to help the reader understand the birth chart. The lengthy section on aspects includes interpretations of rare aspects: novile and quincunx, as well as aspects to the Moon's nodes, Part of Fortune, Ascendant, and Midheaven, all of which are rarely found in other books.

Synastry

Understanding Human Relations Through Astrology
By Ronald Davison
\$14.95. paper. ISBN 0943358051.

A valuable book in the understanding of human relationships through astrological chart comparison and through relationship charts. The latter chart is a single horoscope depicting the relationship of two people. An excellent source book for both the beginning and professional astrologer.

Alchemy

Alchemy
Science of the Cosmos, Science of the Soul
By Titus Burckhardt
\$10.95. paper. ISBN 0906540968.



Alchemy has been regarded as a primitive form of chemistry with its practitioners laboring to change base metal into gold. However, a close study of the symbolic language of alchemy, and a comparison with similar "arts" still practiced today in the East, clearly reveal a spiritual method by which we can become conscious of a timeless inner reality.

This book shows how it is man himself who is the dull, raw lead, which by means of a gradual refining process can become Gold of the Sun, a process which can be understood as a rediscovery of the primal condition of the soul. Through the vision of the alchemist, man and cosmos, the inner and outer aspects of nature, may be seen to be related together as images of one another. This universal vision is the key to alchemical symbolism.

Paracelsus
Life and Prophecies
By Franz Hartmann
\$13.50. paper. ISBN 0893452343.

One of the very greatest alchemists of all time, Theophrastus Paracelsus of Hohenheim (1493-1541) is remembered as the discoverer of a wealth of esoteric secrets of the workings of nature and a profound mystic who investigated the interrelationships between macrocosm and microcosm.

One of the rarest of all the writings of Paracelsus—his *Prophecies, Occult Symbols, Magic Figure and Explanations*—is reproduced here and supplemented by the comprehensive survey of *The Life and Teachings of Paracelsus* by Franz Hartmann.

Splendor Solis
By Salomon Trismosin,
Translated by Joscelyn Godwin
\$15.00. paper. ISBN 0933999925.



Splendor Solis is possibly the most well-known text of late 16th-century alchemy, primarily due to the beauty of the often reproduced illustrations from the illuminated manuscript version in the British Library. This new edition of *Splendor Solis*—The Splendor of the Sun—is taken

from the original German and includes 22 engravings from the German edition of 1709. Adam McLean provides an introduction and commentary which explains the significance of both the illustrations and the text.

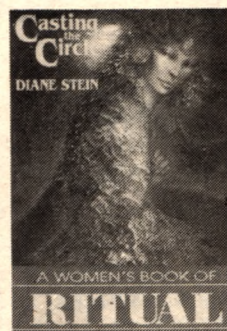
Magic and the Occult

Buckland's Complete Book of Witchcraft
By Raymond Buckland
\$14.95. paper. ISBN 0875420508.

In this book Raymond Buckland teaches the history and practice of Wicca, the mechanics of magick, herbology, and divination. He takes a nonsectarian approach to Wicca and shows how you can structure the

religion to suit your particular needs. He also provides instruction on the composition of rituals and the establishing of a coven (group). This is a complete workbook with lessons and participatory exercises ideal for self-study or with a group.

Casting the Circle
A Woman's Book of Ritual
By Diane Stein
\$12.95. paper. ISBN 0895944111.



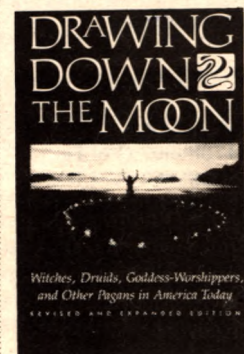
This book teaches women how to create a universe of their own designs within the ritual space of the circle. By learning to work with symbols and the self as deity (the Goddess Within) in the safe microcosm of the circle, women can learn the skills for working magick in the day-to-day real world.

Subjects discussed in this book are: Women, Ritual and the Goddess, Altars and Beginnings, Ritual Structure, The Moon and Women's Lives, The Wheel of the Year, and Rites of Passage.

The Complete Book of Incense, Oils & Brews
By Scott Cunningham
\$12.95. paper. ISBN 0875421288.

In this book you can learn how to make your own incenses, oils, ointments, inks, tinctures, herb baths, bath salts, brews, ritual soaps, and powders. Also included here is detailed information on a wide variety of herbs, sources for purchasing ingredients, substitutions for hard-to-find herbs, a glossary, and a chapter on creating your own magical recipes. Cunningham also provides basic instruction in the principles of magic that allows you to practice the little-known methods of magical cookery.

Drawing Down the Moon
Witches, Druids, Goddess-Worshippers, and Other Pagans in America Today
By Margot Adler
\$16.95. paper. ISBN 0807032530.



Margot Adler takes an honest look at the religious experiences, beliefs, and lifestyles of the people who call themselves neopagans. She attended many ritual gatherings and discovered that, contrary to stereotypical images, most neopagans have no gurus or masters, that their beliefs are nonauthoritarian in spirit, and that they find inspiration in ancient deities, nature, myth, even science fiction.

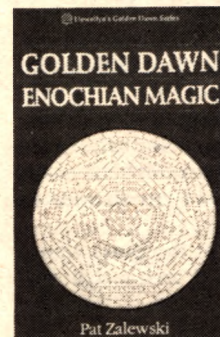
This revised and expanded edition of this classic work now includes information on men's spirituality, Druids, Norse Paganism and a complete resource guide of newsletters, journals, books, groups, and festivals.

Finding of the Third Eye
By Vera Stanley Alder
Preface by Alice Bailey
\$7.95. paper. ISBN 0877280568.

This is one of Vera Stanley Alder's key works in which she offers us a guide to attainment through the path outlined by Ancient Wisdom. She summarizes our philosophical relationship to the past by comparing it with the discoveries of modern science, and surveys the techniques of working with breath, color, sounds, numbers, diet and exercise.

Finally she discusses the functions of the third eye, astrology, meditation, and their ultimate aims.

Golden Dawn Enochian Magic
By Pat Zalewski
\$12.95. paper. ISBN 0875428983.



The Enochian system of magic was discovered during the Renaissance by the noted court astrologer John Dee and his somewhat mysterious assistant, Edward Kelly. Dee and Kelly used the age-old technique of skrying to reveal an elaborate and elegant system of angelic

hierarchies, spiritual planes, and a self-contained Enochian alphabet. Using this information, contemporary practicing magicians can, as Dee and Kelly did, travel to new levels of consciousness and explore alternative realities.

Pat Zalewski has made his own exploration and has compiled an excellent sourcebook of new information and valuable information. Over 100 drawings, diagrams and tables are included to guide the reader through the Enochian mysteries.

Good Magic
By Marina Medici
\$15.95. paper. ISBN 0133603148.



This book will show you how to use special incantations, herbs and flowers, and other natural elements to harness the energy of the universe into your life. Topics include: the elements of magic, the four

powers and how to harness them, special magic places in your home and nature, magic circles, herbal potions, flower incantations, and techniques for glimpsing into the future.

Journeys Out of the Body
By Robert Monroe
\$10.95. paper. ISBN 0385008619.

Robert Monroe, a Virginia businessman, began to have experiences that drastically altered his life. Unpredictably, and without his willing it, Monroe found himself leaving his physical body to travel via a "second body" to locales far removed from the physical and spiritual realities of his life. He was inhabiting a place unbounded by time or death. In this account of his travels, Monroe discusses what he finds out there and tells how he learned to leave his body.

Magic and the Western Mind
Ancient Knowledge and the Transformation of Consciousness
By Gareth Knight
\$12.95. paper. ISBN 0875423744.

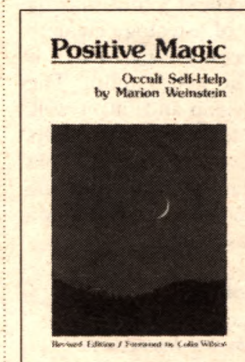
With clarity and insight, Gareth Knight explores the deepest levels of the history of the Western Magical Tradition. According to Knight, magic is a middle path between religion and science (all three are needed), but magic has been the most neglected in recent centuries. Knight shows why people are turning back to magic as a way of finding not only meaning in modern life—but also as a means of survival in it. Besides being an authoritative history, this is also a practical guide for using magic as a technology of the imagination.

The Occult
By Colin Wilson
\$12.95. paper. ISBN 0394718135.

This is an authoritative history of magic and the occult by one of the best writers in the field.

Colin Wilson has divided this comprehensive book into three parts. In part one he states his views and convictions on the subject. Secondly he details the history of magic through the individual mages and adepts, with the necessary historical background to connect them together. In part three he touches on the history of spiritualism and the subjects of witchcraft, vampirism, ghosts, and poltergeists, and closes with a look at the metaphysical questions that arise out of occultism.

Positive Magic
Occult Self-Help
By Marion Weinstein,
Foreword by Colin Wilson
\$9.95. paper. ISBN 091934500X.



Marion Weinstein focuses on Magic, Witchcraft, Astrology, Tarot Cards, I Ching, and Words of Power in a book that Colin Wilson says, in his foreword, offers "basic facts about the occult tradition in a form that is neither insultingly oversimplified nor cheaply exploitive." He adds

that "This book is as good and sound an introduction to the field of the occult as you are ever bound to come across...."

The Secret Life of Plants
An account of the physical, emotional and spiritual relations between plants and man.
By Peter Tompkins and Christopher Bird
\$11.95. paper. ISBN 0060915870.

Exploring the world of plants and its relation to mankind as revealed by the latest discoveries of scientists, this fascinating book includes remarkable information about plants as lie detectors and plants as ecological sentinels; it describes their ability to adapt to human wishes, their response to music, their curative powers, and their ability to communicate with man. The authors suggest that the most far-reaching revolution of the twentieth century may come from the bottom of your garden.

The Spiral Dance
A Rebirth of the Ancient Religion of the Goddess
By Starhawk
\$13.95. paper. ISBN 0062508148.

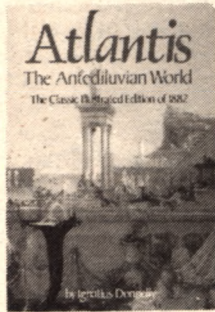
This highly informative book demystifies the history of witchcraft while revealing authentic mysteries of the Goddess religion through which anyone can discover the divinity residing within her or his own soul. Rituals described include casting the circle, raising the cone of power, invoking the Goddess and God, and reaching trance states. The book also gives spells, chants, invocations, and advice on creating one's own rites, and shows how these rituals and exercises are linked to psychological states.

Zolar's Encyclopedia of Ancient & Forbidden Knowledge
By Zolar
\$10.95. paper. ISBN 0139840893.

In this treasure trove of occult wisdom, Zolar introduces and discusses many of the mysteries of the universe and some of the unconventional and often secret arts employed to understand them. Subjects include: the soul, the astral world, psychic power development, the mysteries of sex, mortality and immortality, and your stars and their influences.

Lost Continents

Atlantis: The Antediluvian World
The Classic Illustrated Edition of 1882
By Ignatius Donnelly
\$7.99. cloth. ISBN 0517490021.

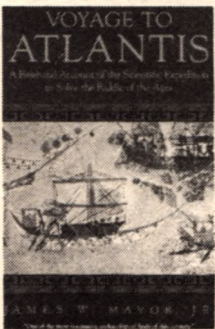


One of the first and most popular works on Atlantis, this is the classic that established the belief that there once existed opposite the mouth of the Mediterranean Sea the remnant of an Atlantic continent which was home to a remarkably advanced civilization. Detailed are the gods and rulers of Atlantis, the panoply of its daily life, its catastrophic wars, and its ultimate destruction.

Lemuria
The Lost Continent of the Pacific
By Wishar S. Cerve
\$8.95. cloth. ISBN 0912057092.

Where the Pacific now rolls in a majestic sweep for two thousand miles, there was, according to the author, once a vast continent known as Lemuria. The scientific evidences of this lost race and its astounding civilization are the subjects of this book.

Voyage to Atlantis
A Firsthand Account of the Scientific Expedition to Solve the Riddle of the Ages
By James W. Mavor, Jr.
\$14.95. paper. ISBN 0892812699.



James Mavor led the scientific expedition that found Atlantis and revealed the cause of its cataclysmic destruction. Mavor verifies both Plato's story of "lost" Atlantis and Galanopoulo's controversial theory that the Minoan culture on the volcanic Aegean island of Thera was the civilization of Atlantis. A demystifying look at the legend that has for centuries been a metaphor for the evolution of human consciousness.

Edgar Cayce

Over the course of forty years, Edgar Cayce time and again entered an altered state of consciousness and spoke to the very heart and spirit of mankind on subjects such as health, healing, dreams, meditation, sexuality, and reincarnation. His more than 14,000 readings are preserved at the Association for Research and Enlightenment.

Edgar Cayce on Atlantis
By Edgar Evans Cayce under the editorship of Hugh Lynn Cayce
\$3.95. paper. ISBN 0446351024.

Edgar Cayce sheds light on the legendary lost continent of Atlantis and predicts its reemergence. Within the context of reincarnation, he offers astonishing evidence of an Atlantean civilization—showing how its achievements and failings directly relate to the conflicts and confusion of the life-styles of today.

Edgar Cayce on Dreams
By Harmon H. Bro, Ph.D., under the editorship of Hugh Lynn Cayce
\$3.95. paper. ISBN 0446351083.

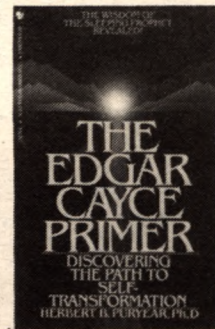
This book, drawn from over 600 of Cayce's Dream Readings, reveals psychic perceptions

on what dreams mean and how they can work for you. Case histories show you how to bring conscious insight to the dream experience that can effect all important matters in life.

Edgar Cayce on Reincarnation
By Noel Langley under the editorship of Hugh Lynn Cayce
\$4.50. paper. ISBN 0446357847.

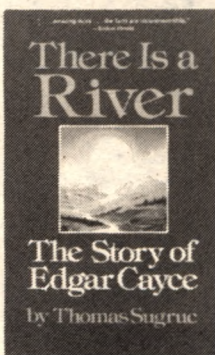
Using Cayce's own words culled from 2,500 readings, this book examines the subject of timeless rebirth and the evidence of a unifying force that pervades the universe.

The Edgar Cayce Primer
Discovering the Path to Self-Transformation
By Herbert B. Puryear
\$3.95. paper. ISBN 055325278X.



An excellent anthology for appreciating the breadth and depth of Cayce's guidance. Condensed from his many readings, Cayce speaks out here on: the sources of psychic development, reincarnation, karma, dreams, meditation, prayer, health, holistic healing, sexuality, spirituality, rejuvenation, religion, and spiritual psychology.

There is a River
The Story of Edgar Cayce
By Thomas Sugrue
\$19.95. cloth. ISBN 0876042353.
\$4.50. paper. ISBN 0876041519.



This classic book traces Edgar Cayce's life from his birth on a small farm in Kentucky to his years as a psychic in Virginia Beach. We learn of how his accidental discovery of his psychic ability to diagnose illness and prescribe health treatments led him into a life of service to others. The author also shows how Cayce's emphasis on the soul's spiritual development as the major purpose of life has placed him among

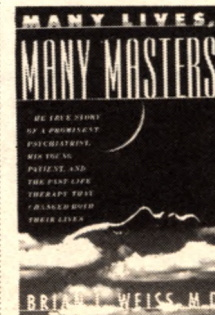
the foremost spiritual philosophers of the century.

Reincarnation

Life After Life
By Raymond A. Moody, Jr., M.D.
\$4.95. paper. ISBN 0553274848.

Dr. Moody studied more than 100 people who experienced "clinical death"—and were revived. Their testimonies and descriptions of "death" and "beyond" are so strikingly similar and overwhelmingly positive that they have changed the way we think about life, death, and the spiritual hereafter.

Many Lives, Many Masters
By Brian L. Weiss, M.D.
\$9.95. paper. ISBN 0671657860.



As a traditional psychotherapist, Dr. Brian Weiss was astonished and skeptical when one of his patients began recalling past-life traumas that seemed to hold the key to her recurring nightmares and anxiety attacks. His

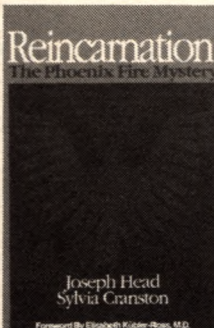
skepticism was eroded, however, when she began to channel messages from "the space between lives," which contained remarkable revelations about Dr. Weiss's family and his dead son. Using past-life therapy, he was able to cure the patient and embark on a new, more meaningful phase of his own career. A remarkable true story of spiritual growth and transformation.

Other Lives, Other Selves
A Jungian Psychotherapist Discovers Past Lives
By Roger J. Woolger, Ph.D.
\$9.95. paper. ISBN 0553345958.

Dr. Roger J. Woolger argues that the dramatic power of past-life regression—whether one believes in reincarnation as a literal or a symbolic phenomenon—can radically transform and heal our lives. Drawing on both Western science and Eastern spirituality, Dr. Woolger shows how patients have unlocked the secrets of their innermost memories to overcome the insecurity, depression, guilt, inhibition, family dysfunction and physical illness that they have inherited from their past lives.

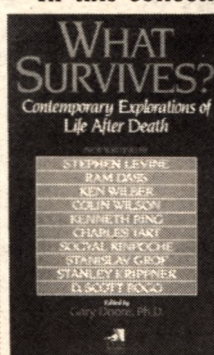
Reincarnation: The Phoenix Fire Mystery
An East-West dialogue on death and rebirth from the worlds of religion, science, psychology, philosophy, art and literature.
By Joseph Head & Sylvia Cranston
\$14.95. paper. ISBN 0913004715.

This book is an exhaustive survey of the idea of reincarnation as viewed by many individuals and cultures throughout recorded history. Though the editors tend toward the affirmative side, they present many differing views on the subject.



After introductory essays by such experts as Huston Smith, the book details reincarnation as viewed by each of the world's major religions, examines reincarnation in the Western tradition, and looks forward to the new horizons in science, psychology and philosophy. This is a superb anthology that establishes reincarnation as more than just an Eastern idea.

What Survives?
Contemporary Explorations of Life After Death
Edited by Gary Doore, Ph.D.
\$12.95. paper. ISBN 0874775833.

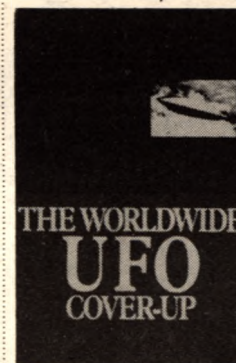


In this collection of new writing by Stephen Levine, Ram Dass, Colin Wilson, Stanislav Grof, Ken Wilber, Charles Tart, and others, the perennial questions surrounding life after death are examined: What is it like to die? Do any key aspects of a human being survive death? What do ancient religion and modern science tell us about survival? Are out-of-body experiences a window on survival after death? What survives? This fine book sheds new light on the possibility of life after death.

UFOS

Above Top Secret
The Worldwide UFO Cover-Up
By Timothy Good
\$12.95. paper. ISBN 0688092020.

The author attempts to answer these questions: "Are there any unexplainable reports which represent something beyond our pre-



sent knowledge, and are governments concealing what they have learned? And if the answer is positive, what exactly has been learned and why is there need for concealment?"

Encounters
A Psychologist Reveals Case Studies of Abductions by Extraterrestrials
By Edith Fiore, Ph.D.
\$4.95. paper. ISBN 0345364996.

Dr. Fiore discusses fourteen case studies of men and women who, while under hypnosis, have recalled being abducted by a UFO. Most of these "contactees" had been taken against their will and share such troubling "symptoms" as an inability to account for periods of time, persistent nightmares about UFOs, unexplained healing of ailments, and reactions of fear or anxiety at the mention of UFOs.

Flying Saucers
A Modern Myth of Things Seen in the Skies
By C.G. Jung
\$8.95. paper. ISBN 0691018227.

Jung's primary concern in this work is not with the reality or unreality of UFOs but with their psychic aspect. Rather than speculate about their possible nature and extraterrestrial origin as alleged spacecraft, he asks what it may signify that these phenomena, whether real or imagined, are seen in such numbers just at a time when humanity is menaced as never before in history. UFOs represent in Jung's phrase, "a modern myth."

The Sirius Mystery
By Robert K.G. Temple
\$12.95. paper. ISBN 0892811633.

Is the existence of civilization on earth a result of contact from inhabitants of a planet in the system of the star Sirius prior to 3,000 B.C.? There are tribal cultures in present-day Africa whose most sacred and secret traditions are based on this theory. Central to their cosmology is a body of knowledge concerning the system of the Star Sirius that is astounding in its accuracy of detail, including specific information only recently accessible to modern science.

Robert Temple traces the traditions of the Dogon and three related tribes back 5,000 years and shows that these ancient civilizations possessed a knowledge dependent on physics and astrophysics, which they claimed was imported to them by visitors from Sirius.

The 12th Planet
By Zecharia Sitchin
\$4.95. paper. ISBN 038039362X.

The first book of the Earth Chronicles series—a body of work that offers documentary evidence of humanity's extraterrestrial forefathers. Travelers from the stars, they arrived eons ago and planted a genetic seed that would ultimately blossom into a remarkable species—man.

Tarot

Though the origin and meaning of the Tarot remains unclear, its use by many people for both divination and self-transformation continues to grow. Filled with universal images that speak an archetypal language, the Tarot can be seen as a symbolic link between unconscious processes and our conscious world.

Below are several books that provide an introduction to the Tarot and can help you learn how to use the cards for divination, spiritual growth, and meditation. We often recommend both the Rider and Universal-Waite decks as good beginning decks. They are illustrated and discussed in the books below by Gray and Waite.

A Complete Guide to the Tarot

By Edén Gray

\$4.95. paper. ISBN 0553277529.

This is an excellent introduction to the Tarot. Edén Gray defines the Tarot, gives an overview of its history, discusses the major and minor arcana, and provides easy instructions on how to read the cards. This book can be used with the Rider deck or the Universal-Waite deck.

Jung and Tarot

An Archetypal Journey

By Sallie Nichols

\$14.95. paper. ISBN 0877285152.

This highly innovative work presents a detailed and piercing interpretation of the Tarot in terms of Jungian psychology. Through analogy with the humanities, mythology and the graphic arts, Sallie Nichols provides each reader a uniquely personal experience of the intriguing Tarot images.



Viewing the Major Arcana as a map outlining the journey toward self-realization, the author offers many techniques for using the cards to gain practical insights along the way.

Motherpeace

A Way to the Goddess through Myth, Art, and Tarot

By Vicki Noble

\$14.95. paper. ISBN 0060663006.

To recover the positive, nurturing, peace-oriented values of prepatriarchal times, *Motherpeace* brilliantly combines art, history, mythology, folklore, philosophy, science, astrology, and comparative religion with an informed spiritual/feminist perspective.

Using our expanding knowledge of ancient Goddess-worship, and visualization techniques embodied in the Tarot, the author brings to light suppressed dimensions of our Western religious and psychological heritage, showing how traditional myths and symbols can provide ideas and images for understanding the meaning and power of the Goddess for women and men today.

Sacred Symbols of the Ancients

The Mystical Significance of our 52 Playing Cards and Their Amazing Connection with Our Individual Birthdays

By Edith L. Randall and Florence Campbell, M.A.

\$21.95. plastic comb spiral. ISBN 0875164870.

Just as the Tarot sets forth the pattern of

the Universe and the immutable laws that govern it, so the "Little Book"—our familiar 52 playing cards—gives us our individual pattern, including clarification of our astrological and numerological maps. An invaluable adjunct to the use of the Tarot in linking the most individual details of our lives to the cosmic whole.

The Pictorial Key to the Tarot

By Arthur Edward Waite

\$5.95. paper. ISBN 0877282188.

Arthur Edward Waite was a profound student of the occult. He was a member of the Order of the Golden Dawn, and made the Tarot accessible to the modern day reader. This classic text discusses: the major and minor arcana, what each card means, reversed card meanings, and how to do a basic reading. This book is ideal for use with both the Rider-Waite Deck and the Universal Waite deck.



Tarot

A New Handbook for the Apprentice

By Eileen Connolly

\$12.95. paper. ISBN 087877162X.

An excellent basic handbook for exploring and discovering your own inner depths through the tarot. Connolly provides basic lessons, exercises, and procedures which allow you to fully comprehend the Tarot and its powers.

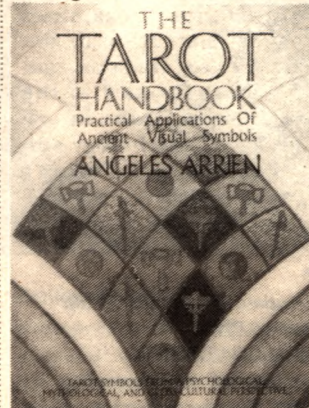
The Tarot Handbook

Practical Applications of Ancient Visual Symbols

By Angeles Arrien

\$25.00. paper. ISBN 0916955028.

Angeles Arrien is an anthropologist who takes a cross-cultural approach to the Tarot. By taking the Tarot out of the mere fortune-telling context she extends and deepens its psychological, mythological and symbolic dimensions. This book features new interpretations of Aleister Crowley's Thoth deck and contains a multitude of charts, spreads and other methodological tools. This is an important book for both teachers and students of the Tarot.



Tarot Made Easy

By Nancy Garen

\$14.95. paper. ISBN 0671670875.

If you've ever been intrigued by the tarot but were confounded by the complexities of multi-card spreads and the vague interpretations given in most books, this book is the guide for you.

With this book you can easily interpret the meaning of any card and apply it to the particular circumstances of your life. With the simple process outlined here, you need only choose one tarot card and then consult one (or several) of the 32 categories listed under each card to discover the card's specific message for you.

Decks & Cards

The Medicine Cards

The Discovery of Power Through the Ways of Animals

By Jamie Sams & David Carson

\$28.95. deck & book. ISBN 093968053X.

This unique and timely divination system consists of both a book and a set of cards that teach the medicine power of animals. "Medicine" is defined the Native American way, as anything that improves one's connection to the Great Spirit and to all life. Forty-four power animals are used in a variety of spreads to give the seeker answers in the physical, emotional, mental, and spiritual realms. Additional blank shields are provided to allow the creation of cards with personal totem animals.

The Motherpeace Round Tarot Deck

By Karen Vogel & Vicki Noble

\$25.00. deck. ISBN 0880790636.

This deck, a companion piece to the book by Noble, features images from 30,000 years of women's culture throughout the world. Each of the 78 cards is a gestalt or circle of symbols celebrating the life force and people's rituals. This deck can be used for meditation, divination, psychic counseling, and self-healing.

The Rider Tarot Deck

Conceived by Arthur Edward Waite

\$13.00. deck. ISBN 091386613X.

THE RIDER TAROT DECK



Designed by Pamela Colman Smith under Waite's direction, the outstanding feature of this deck is that all of the cards depict full scenes with figures and symbols readily suitable for reading. This is an accessible, basic deck for both beginning and advanced Tarot readers. This deck is compatible with the books by Gray and Waite listed on this page.

The Thoth Tarot Deck

By Aleister Crowley

\$16.00. deck. ISBN 0913866156.

Crowley's 1904 experiences in Egypt, where he received the transmissions known as *The Book of the Law*, which form the cornerstone of his teachings, profoundly influenced the imagery of the Thoth deck. Besides the Egyptian, Grecian, Eastern, Medieval and Christian symbols present, you will also find incorporated into this deck elements of numerology, astrology, alchemy, and the Cabala. Visually, there is a great deal of cross-cultural symbolism in this deck and that's why Angeles Arrien has featured it in her best-selling *The Tarot Handbook*.

Universal Waite Tarot Deck

Conceived by Stuart R. Kaplan

\$13.00. deck. ISBN 0880794968.

This deck was conceived to amplify the colors of the Rider deck in order to enhance the flow of the imagery and to reveal more detail in the figures, costumes and symbols. Mary Hanson Roberts, already known for her own beautiful Tarot deck, was commissioned to execute new colorings of Pamela Colman Smith's original line drawings. The result is a highly colorful and illuminating interpretation that has gained quick acceptance among Tarot readers.

Note: We carry a large selection of Tarot decks. A complete list is available upon request.

Runes

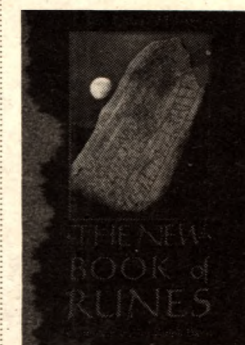
The New Book of Runes

(Includes Runes, Pouch and Book)

By Ralph Blum

\$24.95. cloth. ISBN 0312007299.

A thousand years ago, the Vikings employed the Runes as an Oracle: a means of insight into the present and future. Now, after research into history, philology, and archaeology, Ralph Blum has devised a system for using the Runes as a contemporary Oracle. Akin in function to the Tarot and the I Ching, the Runes are a means of communication with the knowledge of our subconscious minds.



Graphology

Handwriting Analysis: Putting It To Work For You

A Practical Step by Step Approach

By Andrea McNichol with Jeffrey A. Nelson

\$16.95. paper. ISBN 0809240238.

This witty and engaging book gives step by step lessons in the science of graphology or handwriting analysis. It begins with the most basic concepts and then guides readers a step at a time through increasingly more advanced levels, with each new technique building naturally on the one before.

From the very first chapter you will practice interpreting actual handwriting samples and you will quickly find you are able to apply your new skills to unraveling murder, theft and arson mysteries from the real cases McNichols has been called in to solve.

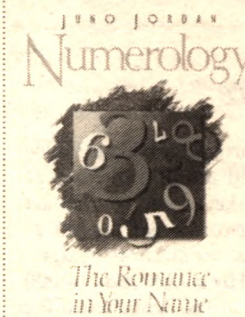
Numerology

Numerology: The Romance in Your Name

By Juno Jordan

\$13.95. paper. ISBN 0875162274.

A complete course in numerology: a textbook for beginners, and a higher course of study for advanced students and connoisseurs of the art. We're surrounded by numbers in all aspects of our lives. This book teaches you to use numbers to know and understand yourself and gain confidence in your right to the best in life.



Palmistry

The Practice of Palmistry

By Comte C. de Saint Germain

\$9.95. paper. ISBN 0878770194

First published in 1897, this remains one of the best books on palmistry. It's an incredibly detailed practical manual with over 1,000 drawings that aid interpreting the hand. The author uses a logical system and classification based on sound physiological principles.

Literature

Another Country

By James Baldwin
\$5.95. paper. ISBN 0440302005.

A compelling story that explores the complexities of love and the power of hate. The beat of the blues becomes words that Baldwin uses to reveal passion at its most elemental and sublime.

FAR
MEMORY

THE AUTOBIOGRAPHY OF
JOAN GRANT

Far Memory

By Joan Grant
\$9.95. paper.
ISBN 0898041414.

Far Memory is the autobiography of Joan Grant, who often wrote of her past lives. Here Joan tells the fascinating story of her then present incarnation and how she developed her intuitive skills and wrote her novels.

Fup

A Story
By Jim Dodge
\$4.95. paper. ISBN 0933944047.

FUP

A Story by
JIM DODGE



A tall tale revolving around Granddaddy Jake Santee, his grandson, six foot, 200 pound Tiny, and a twenty pound duck named Fup (who won't fly) makes for a delightful read. Granddaddy drinks homemade whisky guaranteeing his immortality, Tiny builds exquisite fences on their ranch

with no stock, and Fup eats everything in sight.

Illusions

The Adventures Of A Reluctant Messiah
By Richard Bach

\$15.95. cloth. ISBN 0385285019.
\$4.50. paper. ISBN 0440204887.

Richard Bach meets up with a modern day messiah, Donald Shimoda, who is flying from city to city selling rides in an old bi-plane as he himself is doing. Odd coincidence? Maybe not. Donald guides Richard on a spiritual journey as they traverse the country together. Illusion and reality become one.

The Journey To The East

By Hermann Hesse
\$7.95. paper. ISBN 0374500363.

The hero, H.H., embarks on a spiritual journey with a secret society whose members include Paul Klee, Klingsor, Mozart and Albertus Magnus. The journey begins well enough but discord sets in when the purpose of the group's mission becomes a bone of contention. The group breaks up and each heads off in his own direction. Years later as H. H. writes about the expedition to the east, the meaning of the experience becomes clear and H. H. rejoins the endeavor.

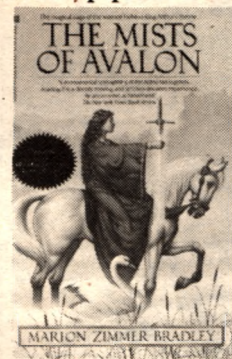
The Little Prince

By Antoine de Saint Exupery
\$12.95. cloth. ISBN 0152465030.
\$3.95. paper. ISBN 0156528207.

Beloved by children and grown-ups alike, this enchanting fable follows the interplanetary travels of the Little Prince as he searches for what is really important in life. He finds his answer on earth from a fox. Illustrations of the worlds the prince visits and the strange sights he sees accompany this timeless text.

The Mists Of Avalon

By Marion Zimmer Bradley
\$12.95. paper. ISBN 0345350499.



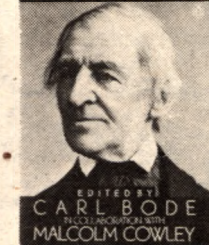
The beautiful and masterful retelling of the Arthurian legends through the eyes of Morgaine is a deeply moving and thrilling experience. Bradley brings to the forefront the coming of Christianity at the cost of the Mother Goddess religions. Gwynhfar is torn

between her duty to her king and the new God, and her passion for the dashing Lancelot. Breathtaking in scope, this book is a wonderful adventure to embark upon.

Monkey

Folk Novel Of China
By Wu Cheng-en. (Arthur Waley, Tr.)
\$11.95. paper. ISBN 0802130860.

Monkey mixes satire, allegory and history into a rollicking tale. It is the story of the roguish Monkey and his encounters with major and minor spirits, gods, demigods, demons, ogres, monsters and fairies. It's an intriguing story full of wonder and insight into humanity.

THE PORTABLE
EMERSONThe Portable
Emerson

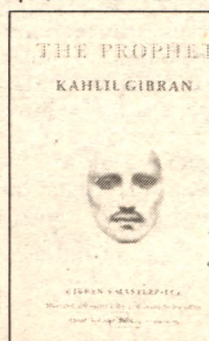
By Ralph Waldo Emerson
(Carl Bode, Ed.)
\$10.95. paper.
ISBN 0140150943.

A fine collection of the best of Emerson including Self-Reliance; The Poet; Emerson's first book, Nature, in its entirety; twenty-two poems; orations, including The

American Scholar and The Fugitive Slave Law; and biographical essays on Plato, Henry David Thoreau and others.

The Prophet

By Kahlil Gibran
\$12.95. cloth. ISBN 0394404289.



Now therefore disclose us to ourselves the people of Orphalese ask Almufasa, the Prophet. His answers are full of timeless wisdom and speak to all of us. This edition of Gibran's rich and beautiful masterpiece is illustrated with twelve full page drawings by the author. Translated into more than twenty languages, *The Prophet* has become one of the beloved classics of our time.

A Romance Of Two Worlds

By Marie Corelli
\$15.95. cloth. ISBN 0875053335.

The remarkable story of a musician who falls ill and takes a trip that leads her on a mission she was destined to fulfill. She meets Heliobas, her guide and teacher, who introduces her to the mysteries of the invisible world.

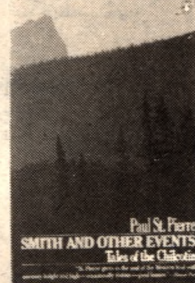
Siddhartha

By Herman Hesse
\$3.50. paper. ISBN 0553208845.

Hesse's eloquent tale about the spiritual journey of Siddhartha is an insightful look at the living of life. What is it all about? Siddhartha's journey takes him to a river where he hears a unique sound that leads him to himself through suffering, rejection, peace and finally wisdom.

Smith
And Other Events

Tales of the Chilcotin
By Paul St. Pierre
\$6.95. paper.
ISBN 0140082174.



Ranchers, indians and cowboys come alive on these three hundred pages. St. Pierre paints a vivid portrait of life in Canada's Cariboo country. His depiction of the

land, the people, and a strangely anachronistic way of life is at once disquieting and profoundly moving.

Their Eyes Were
Watching God

By Zora Neale Hurston
\$11.00. paper.
ISBN 0060916508.

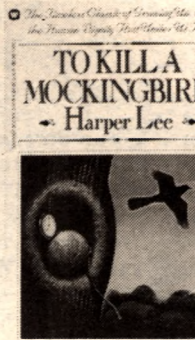


Zora Neale Hurston's most highly acclaimed novel tells with haunting sympathy and piercing immediacy the story of Janie Crawford's evolving selfhood through

three marriages. Janie fights throughout her life and loves to be herself, not one man's mule or another man's adornment. She succeeds, but at a high cost.

To Kill
A Mockingbird

By Harper Lee
\$4.95. paper.
ISBN 0446310786.



The classic American story about a small-town southern lawyer, Atticus Finch, who one hot summer defends an innocent black man charged with rape. It's a summer that changes the

lives of Atticus as well as his children, who learn about courage, love and fear.

Walden And Other Writings Of Henry
David Thoreau

By Henry David Thoreau
(Brooks Atkinson, Ed.)
\$12.00. cloth. ISBN 0394604210.

This volume from the Modern Library series contains the full text of Walden as well as the essays Civil Disobedience, Slavery in Massachusetts, A Plea for Captain John Brown, Life Without Principle, and many of the famous nature studies. Thoreau remains as pertinent to our times as he was to his own.

Way Of The
Peaceful Warrior

A Book
That Changes Lives
By Dan Millman
\$10.95. paper.
ISBN 0915811006.



Guided by a powerful old warrior named Socrates, Dan Millman journeys into realms of flesh and spirit, romance and terror, light and darkness, and laugh-

ter and magic in order to learn what it means to die and live like a warrior.

Zen and The Art
Of Motorcycle
Maintenance

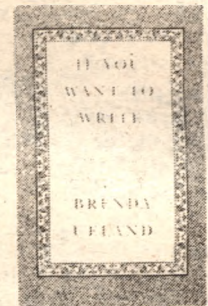
By Robert Pirsig
\$12.95. paper.
ISBN 0688052304.

A father and son hit the road in a shattering odyssey of self discovery neither of them will soon forget. An extraordinary story of a man's quest for truth.

Writing

If You Want To Write

A Book About Art, Independence and Spirit
By Brenda Ueland
\$8.95. paper.
ISBN 0915308940.



Everybody is talented, original and has something important to say, says Brenda Ueland. To uncover this talent takes the bravery of coming to understand yourself. You must be sure that

your imagination and love are behind what you write. This book helps you to find a place from which to start.

Writing Down The Bones

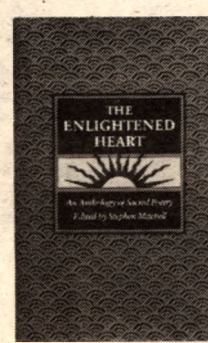
Freeing the Writer Within
By Natalie Goldberg
\$9.95. paper. ISBN 0877733759.

The secret of creativity, Natalie Goldberg makes clear, is to subtract rules for writing, not add them. It's a process of uneducation rather than education. *Writing Down The Bones* is a wonderful aid for the writer. It offers many exercises and hints to get you started writing and keep you at it.

Poetry

The Enlightened
Heart

An Anthology of Sacred Poetry
Edited by
Stephen Mitchell
\$17.95. cloth.
ISBN 0060162082.



This beautiful collection celebrates the radiance of the enlightened heart as it shines through the world's cultures and

religious traditions. Selections range from the Upanishads, the Book of Psalms, the Bhagavad Gita to poems by Rumi, Dante, Dickinson, Rilke and other modern poets.

News Of The Universe

Poems Of Twofold Consciousness
Chosen and introduced by Robert Bly
\$10.00. paper. ISBN 0871561999.

In this unique anthology, 150 splendid poems from many eras and cultures illuminate the idea that human consciousness is only one of many kinds of consciousness operating in the universe. The selection includes some of Mr. Bly's own poems, poems of Yeats, Frost, Kinnell, Stafford and poems of many young contemporary voices.

Western

As a Man Thinketh

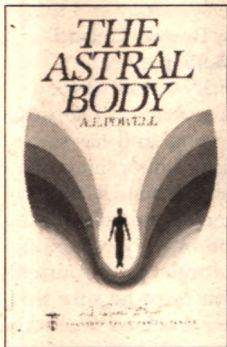
By James Allen
\$1.50. booklet. ISBN 087516000X.

This all-time best seller teaches taking charge of one's life and responsibility for one's thinking. Eloquent yet plain talk on how Mind is the master power, thought being the tools for joys or ills.

As a Woman Thinketh

As a Man Thinketh Transcribed for Women
By Dorothy J. Hulst
\$1.50. booklet. ISBN 0875164838.

James Allen's classic has yielded this companion edition in which all the masculine words have been replaced by feminine words, so that women can more easily relate to Allen's inspiring, mind-changing message.



The Astral Body

By A.E. Powell
\$7.95. paper.
ISBN 0835604381.

Powell's book about the astral body and other astral phenomena has long been used as a resource book by students of occultism. His commentary is largely based upon statements made by some of the most respected clairvoyants and occultists in the Western world.

The Book of Enoch the Prophet

By Richard Lawrence
\$12.00. paper. ISBN 0913510017.

The Book of Enoch comes from many writers and touches upon every subject that could have arisen in the ancient schools of the prophets. There are four independent books included in *The Book of Enoch* and they total 105 chapters. An important work that will interest anyone studying apocryphal biblical texts.

Brother of the Third Degree

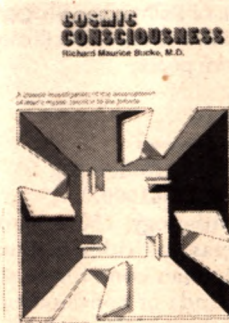
By Will Garver
\$14.50. paper. ISBN 0833400193.

Readers interested in learning more about the mystery schools and occult practices of the White Brotherhood will welcome this reissue of this classic account of a young man's struggles to succeed and to achieve membership in the coveted Third Degree. Much Masonic work and practices are told in detail and much is necessarily hidden, but the seeker after truth will find this a valuable volume.

Cosmic Consciousness

By Richard M. Bucke, M.D.
\$10.95. paper. ISBN 0525484450.

This classic study in the evolution of the human mind is as valuable today as when it was first published in 1901. Dr. Bucke discovered that at certain intervals, individuals have appeared who are gifted with the power of transcendent realization. The author shows that this transfiguring



endowment of illumination is on the increase, and he gives detailed and interesting facts to support this assertion.

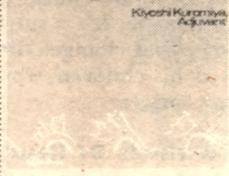
Critical Path

By R. Buckminster Fuller
\$13.95. paper. ISBN 0312174918.

Critical Path traces the origins and evolu-

R. Buckminster Fuller

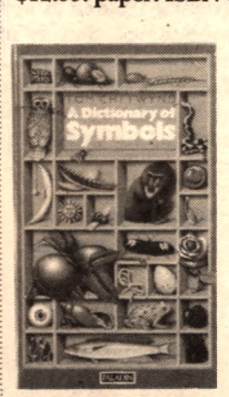
Critical Path



tion of humanity's social, political, and economic systems from the obscure mists of prehistory to the vast corporate and political systems we have today. With his customary brilliance, Fuller shows how man can survive, and how each individual can respond to the unprecedented problems that man faces today.

A Dictionary of Symbols

By Tom Chetwynd
\$12.99. paper. ISBN 0586083510.



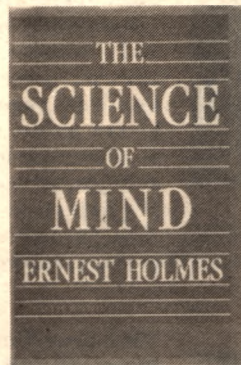
Tom Chetwynd has drawn from the collective wisdom of the great psychologists, particularly Jung, to create a comprehensive and thought-provoking guide to the language of symbols. Described are the major characteristics that recur in all symbolic material; by identifying them, readers may identify patterns and processes at work in their own minds, and in doing so learn to explore, develop and ultimately transform their psyches.

Door of Everything

By Ruby Nelson
\$6.95. paper. ISBN 0875160697.

"I am also the light of the world and the power thereof by which it was made. Contrary to appearances, I am not a lazy God who created the world and rested, then kept right on resting, indifferent to the fate of the many souls I made. The truth is that I am always with you, no matter where you are, for in me you live and move and have your

SCIENCE OF MIND



The Science of Mind

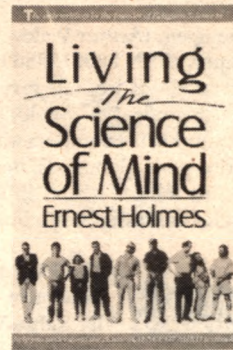
50th Anniversary Edition
By Ernest Holmes
\$21.95. cloth. ISBN 0399150072.

Now available in this 50th anniversary edition, *The Science of Mind* is a perennial classic that has been reprinted 40 times. Intended to serve as a user's manual for the mind, Holmes details the amazing, subtle powers of the mind and how to use them. He also explains many of the basic truths known to the enlightened of all ages, and distills these principles into primary elements so they can be easily understood by the reader.

Living the Science of Mind

By Ernest Holmes
\$13.95. paper.
ISBN 087516627X.

Whether beginner or veteran, student or teacher, you will not want to be without this companion to Ernest Holmes *The Science of Mind*. Formerly available only as part of a multi-volume home study course, these writings guide you through the steps necessary to make Holmes' teaching an integral part of your life.



being." Powerful, concise and highly readable—includes quotes from *The Lost Books of the Bible* and *The Forgotten Books of Eden*.

The Force

By Stuart Wilde
\$7.95. paper. ISBN 0930603001.

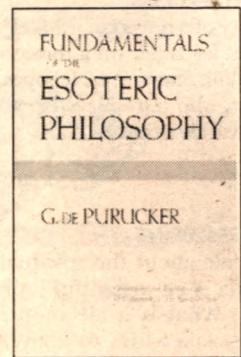


Force and it's relation to your life's ultimate goal.

Fundamentals of the Esoteric Philosophy

Commentary and Elucidation of H.P. Blavatsky's "The Secret Doctrine"
By G. de Purucker
\$10.00. paper. ISBN 0911500642.

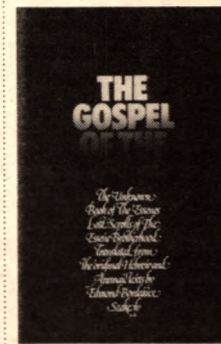
"The search for truth is the noblest aim that man can pursue. The original principles of being were uncovered ages ago, and were coordinated into a complete and marvelous system." As the title states, de Purucker analyzes and expounds on the philosophy of Blavatsky's *Secret Doctrine*. With an emphasis on melding the thought of East and West, the author explores the greatest teaching of the ages in an attempt to synthesize a compelling philosophy for our modern society.



The Gospel of the Essenes

Translated from the original Hebrew and Aramaic texts by Edmond B. Szekely
\$9.95. paper. ISBN 0852071353.

The Gospel of Peace of Jesus Christ was first published in 1936 by the same author, and sold over 250,000 copies world-wide. This edition represents Vols. two & three of the Gospel of the Essenes, a hard-to-find body of work that represents Szekely's life-long work. Regarding this work, the translator states, "Whether correct translation or inspired, or both, the book is unique and has a pure and exalted atmosphere found in no other theological work."



Heaven and Hell

By Emanuel Swedenborg
\$5.95. paper. ISBN 0877851670.

In this most engrossing book, Swedenborg reveals a comprehensive view of the hereafter—based on his actual experiences in the spirit realm. Introduced are the concepts of a highly organized heavenly life, universal speech, our entry into the next world, sacred and profane love, the world of spirits, and many other matters that enhance our understanding of both life here and the hereafter.



Holy Blood, Holy Grail

By Michael Baigent
\$5.95. paper. ISBN 0440136482.

According to the authors of this meticulously researched book, the traditional view of the life of Christ may be seriously flawed. This book sparked worldwide controversy by raising such questions as: Is it possible that parchments found in the South of France a century ago reveal one of the best-kept secrets of Christendom? Is it possible that these parchments contain the very heart of the mystery of the Holy Grail?

Impersonal Life

By Anonymous
\$6.00. paper. ISBN 0875163017.

The author reminds us that when our minds are still, that quiet voice of wisdom speaks to us directly from our hearts. Popular for five decades, *The Impersonal Life* covers such broad topics as good and bad, soul mates, masters, mediums, Christ and love.

Initiation

By Elizabeth Haich
\$12.00. paper.
ISBN 091610804X.

Initiation is a unique autobiographical novel that melds together the life story of a 20th century woman and vivid recollections of her earlier life experience as a young priestess in ancient Egypt. As the story progresses, this young woman is initiated into an understanding of the ultimate mysteries by the High Priest Ptahhotep. A very compelling book for anyone interested in past lives and ancient religion.



Kabbalah for the Layman Vols. 1-3

By Phillip S. Berg
Volume 1 \$10.95. paper. ISBN 0943688019.
Volume 2 \$10.95. paper. ISBN 0943688833.
Volume 3 \$10.95. paper. ISBN 0943688701.



Dr. Berg traces the history and development of kabbalistic thought into the twentieth century. Here is a wealth of detail on the cosmic process and evolution of reincarnation. The author, an ordained Rabbi who is Dean of the Research Center of Kabbalah, stresses that Kabbalah is a tool for spiritual

growth and can lead to a deeper and more intuitive awareness.

Knowledge and the Sacred

By Seyyed Hossein Nasr
\$12.95. paper. ISBN 0791401774.

"In the beginning Reality was at once being, knowledge, and bliss and in that 'now' which is the ever-present 'in the beginning,' knowledge continues to possess a profound relation with that principle and primordial Reality which is the sacred and the source of all that is sacred".

With these opening words of the Gifford Lectures for 1981, Professor Nasr begins a brilliant analysis of the causes of the intellectual and spiritual chaos of modern times. Drawing on the world's great religious traditions, an intimate connection is made between religious experience and speculative thought in the various traditions. Dr. Nasr outlines how the current breakdown of creative theology in the modern period

has been caused by the divorce of reason from authentic sources of discernment and unity of knowledge.

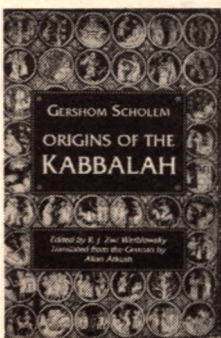
Knowledge of the Higher Worlds and Its Attainment

By Rudolf Steiner
\$6.95. paper. ISBN 088010046X.

This book has been used by many as a manual for esoteric training. Based on his holistic approaches in medicine, science, philosophy and religion, Steiner incorporates his broad knowledge of these areas into the field of metaphysics. Steiner broke with tradition in this landmark work and for the first time transmitted esoteric teachings that had been restricted to oral transmission. An excellent introduction to Anthroposophic thought.

Origins of the Kabbalah

By Gershom Scholem,
edited by J. Zwi Werblowsky
\$14.95. paper. ISBN 0691010477.



The Kabbalah is a rich tradition of repeated attempts to achieve and portray direct experiences of God. This book is not only a contribution to the history of Jewish mysticism but also to the study of mysticism in general, and will be of interest to historians and psychologists, as well as to students

of the history of religion.

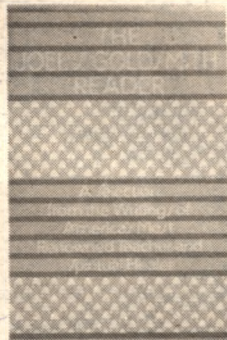
JOEL GOLDSMITH

The Joel S. Goldsmith Reader

A Selection from the Writings of America's Most Renowned Teacher and Spiritual Healer

By Joel Goldsmith
\$12.95. paper. ISBN 080651051X.

This wonderful compilation is a must for anyone interested in the work of Joel S. Goldsmith. Drawn from work that spans the course of Goldsmith's life, these selections acquaint the reader with the philosophy that Goldsmith referred to as The Infinite Way.



The Infinite Way

By Joel Goldsmith
\$5.95. paper. ISBN 0875163092.

This is a foundational text for the Infinite Way movement that developed around the extraordinary healing and teaching of Joel Goldsmith—one of the most influential metaphysicians of our time. All the other Goldsmith books, which continue to be sought out and studied by new generations of readers, derive from and are built on this one.



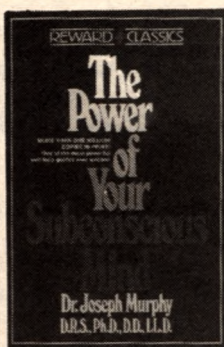
A Parenthesis in Eternity

By Joel Goldsmith
\$13.95. paper. ISBN 0060632313.

A *Parenthesis in Eternity* is a dynamic guide to tapping the power that lies within each of us. The "parenthesis" in life, says Goldsmith, are the boundaries of birth and death that mark off one's earthly existence. In this practical guide, he shows you how to transcend those boundaries and transform your life into a rich and vital experience.

The Power of Your Subconscious Mind

By Joseph Murphy
\$6.95. paper. ISBN 0136879721.



Dr. Murphy teaches that the subconscious mind can perform miracles of healing, increase life's abundance, help you win friends, and enable you to achieve anything you want, but only if you know how to control its power. This book is simply written and is filled with many practical ways to put the subconscious mind to work for you.

Power Through Constructive Thinking

By Emmet Fox
\$9.95. paper. ISBN 0060628618.

This classic of positive thinking offers clear and useful insights on self-transformation. Based on Emmet Fox's simple message that "thoughts are things" and all lies in their creative and constructive use, these essays show how one can have it all—health, healing, happiness and a liberated spirit.

The Quiet Mind

By White Eagle
\$4.95. cloth/pocket size. ISBN 0854870091.
\$5.95. cloth/large type. ISBN 0854870601.

The most popular book by White Eagle, Grace Cook's spirit guide. It contains a collection of sayings in his unforgettable tone. An inspiring introduction to the teachings of White Eagle.

Resurrection

By Neville
\$8.95. paper.
ISBN 087516076X.

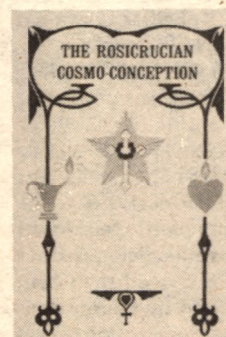
Five of the famed mystic/metaphysician Neville's major works brought together in a single volume:

Prayer—The Art of Believing sets forth the conditions on which prayers are

answered. *Feeling is the Secret* tells how "All you can possibly need or desire is already yours." *Freedom for All* is a practical application of the bible's buried truths. *Out of This World* uses fourth-dimensional thinking to lay the foundation for the future. *Resurrection* is a bible commentary—a confession of faith in terms of the author's experience.

The Rosicrucian Cosmo-Conception

By Max Heindel
\$11.95. paper. ISBN 0911274340.



Written in 1910, *Rosicrucian Cosmo-Conception* is the primer of Rosicrucian thought and philosophy. Rosicrucian belief is an extension of earlier theosophical thought with an emphasis on astrology, healing and Western occultism. For those interested

in the Rosicrucians, this book serves as an excellent introduction.

The Second Birth

By Omraam Mikhael Aivanhov
\$11.95. paper. ISBN 0875164188.

Second birth means new life, the life of the Kingdom of God. A merging of scriptures, esoteric symbols, and the sciences of man and nature.



The Secret Teachings of All Ages

By Manly P. Hall
\$24.95. paper.
ISBN 089314830X.

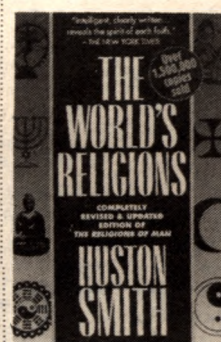
The primer of mystical thought as it has been handed down through the ages. Hall leaves no stone unturned in this encyclopedia of esoteric teachings. Topics covered include Masonic, Hermetic, Qabbalistic and Rosicrucian philosophy.

The Urantia Book

By the Urantia Foundation
\$34.00. cloth. ISBN 0911560025.

This non-denominational publication presents some new, previously unrevealed information about: the origin and history of mankind; the nature of God and his relationship to all humans; how the universes are organized; and the life of Jesus, including many new teachings and information about his life.

The World's Religions



Completely Revised and Updated Edition of *The Religions of Man*
By Huston Smith
\$9.95. paper.
ISBN 0062508113.

Widely considered the best, most accessible introduction to the world's religions, this new version has been deepened and enhanced by an additional thirty years of teaching and study. In addition to chapters on Hinduism, Buddhism, Confucianism, Taoism, Islam, Judaism, and Christianity, this new edition features expanded sections on the inner dimensions of these great religions, with fresh emphasis on Tibetan Buddhism, Sufism, and the teachings of Jesus. Included also is a new chapter on the primal religions—the native traditions of the Americas, Australia, Africa, and Oceania.

The Writings of Florence Scovel Shinn

The Game of Life & How to Play It
Your Word is Your Wand
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By Florence Scovel Shinn
\$10.95. paper. ISBN 0875166106.

This one-volume edition of Florence Scovel Shinn's four books brings together the most famous, helpful, anecdote-rich, and entertaining books in the entire field of self-help and metaphysics. Included are her classic text; her aids to it's use; her most inspiring talks; and the messages she left behind to help us all on the way to success.

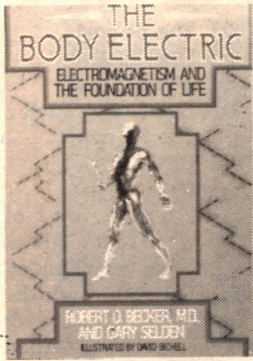
Available in separate volumes at \$4.95 ea./paper.

- The Game of Life and How to Play It** (ISBN 0875162576)
- Your Word is Your Wand** (ISBN 0875162592)
- The Secret Door to Success** (ISBN 0875162584)
- The Power of The Spoken Word** (ISBN 0875162500)

Math & Science

The Body Electric

Electromagnetism & the Foundation of Life
By Robert O. Becker & Gary Selden
\$10.95. paper. ISBN 0688069711.



Becker, a pioneer in the field of regeneration and its relationship to electrical currents in living things, challenges the established mechanistic understanding of the body. While discussing new pathways in healing, acupuncture, psychic phenomena,

and cancer, he also relates his struggle against the medical research establishment and their resistance to his original work.

A Brief History of Time

From the Big Bang to Black Holes
By Stephen Hawking
\$12.50. paper. ISBN 0553346148.

The story of the ultimate questions: Was there a beginning of time? Will there be an end? Is the universe infinite or does it have boundaries? Professor Hawking guides us as we confront these questions, and through his clear, passionate prose he transforms our view of the universe. A landmark book from the man called the most brilliant theoretical physicist since Einstein.

Chaos

Making A New Science
By James Gleick
\$14.95. paper. ISBN 0140092501.

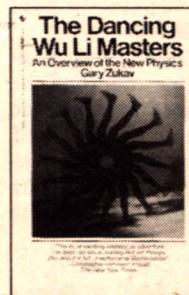


The new science of Chaos offers a way of seeing order and pattern where formerly only the random, the erratic, the unpredictable—in short, the chaotic—had been observed. Chaos is a science of the everyday world, addressing questions every child has wondered about: how

clouds form, how smoke rises, how water eddies in a stream. In the words of Douglas Hofstadter, "It turns out that an eerie type of chaos can lurk just behind a facade of order—and yet, deep inside the chaos lurks an eerier type of order." A lucid record of the birth of a new science.

The Dancing Wu Li Masters

An Overview of the New Physics
By Gary Zukav
\$5.95. paper. ISBN 055326382X.



Gary Zukav has written "the Bible" for those who are curious about the mind-expanding discoveries of advanced physics, but who have no scientific background. Like a Wu Li Master who would teach us wonder for the falling petal before speaking of gravity,

Zukav writes in beautifully clear language of the exciting new theories that are beginning to embrace the ultimate nature of our universe.

Gaia

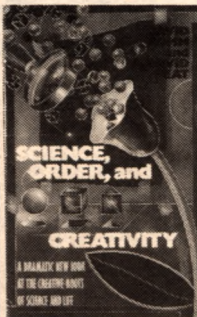
A New Look at Life on Earth
By James E. Lovelock
\$7.95. paper. ISBN 0192860305.



The Gaia hypothesis explores the idea that the life of earth functions as a single organism which actually defines and maintains conditions necessary for its survival. Lovelock argues that the earth's living matter—air, ocean, and land surfaces—forms a complex system which has the capacity to keep our planet a fit place for life. *Gaia* has dramatically altered the way scientists view evolution and environment.

Science, Order & Creativity

A Dramatic New Look at the Creative Roots of Science and Life
By David Bohm and F. David Peat
\$10.95. paper. ISBN 0553344498.



Bohm and Peat contend that science has lost its bearings in favor of a narrow, abstracted, fragmented approach to nature and reality. They propose a return to greater creativity and communication in the sciences and a renewed emphasis on ideas rather than formulae, on the whole rather than fragments, and on meaning rather than mere mechanics.

Shifting Worlds, Changing Minds

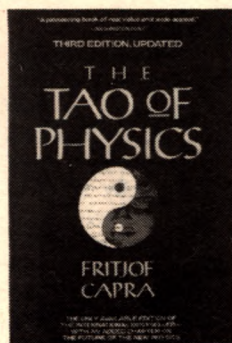
Where the Sciences and Buddhism Meet
By Jeremy W. Hayward
\$12.95. paper. ISBN 0877733686.

Both science and Buddhism offer powerful insights into human nature that can help to bring about profound changes in our lives and society. Drawing on data from cognitive science and insights gained from the Buddhist practice of mindfulness-awareness meditation, Hayward argues that a radical uprooting of our belief systems can resolve our confusion about our world and ourselves and reveal possibilities for awareness and compassion.

Stalking the Wild Pendulum

On the Mechanics of Consciousness
By Itzhak Bentov
\$8.95. paper. ISBN 0892812028.

Bentov provides a provocative, holistic picture of ourselves, showing us that: our bodies mirror the universe, down to the working of each cell; we are pulsating beings in a vibrating universe; our brains are thought amplifiers, not thought's source; the universe is a hologram and so is the brain—a hologram interpreting a holographic universe.



The Tao of Physics
By Fritjof Capra
\$14.00. paper. ISBN 0877735948.

"Mystics understand the roots of the Tao but not its branches; scientists understand its branches but not its roots. Science does not need mysticism and mysticism does not need science; but man needs both," says Fritjof Capra. Eastern philosophy and western science are reconciled here in a brilliant humanistic vision of the universe.

Western Philosophy

While known for its impressive collection of religious and spiritual books, the Bodhi Tree also carries a full stock of classic and modern works in the Western philosophical tradition, ranging from Aristotle to Whitehead. And while the classics are easily at hand, the Bodhi Tree, in keeping with its theme of making available alternative modes of thought, offers works generally not found on the Philosophy 101 syllabus. Here is a brief selection.

The Act of Creation

By Arthur Koestler
\$10.95. paper. ISBN 0140191917.



Koestler's work ranges from political autobiography to mysticism, and here he synthesizes a lifelong concern with poetic sensibilities and scientific rigor. A classic since

its publication in the early sixties, this is Koestler's magnum opus, a definitive study in the psychology of creativity.

Irrational Man

By William Barrett
\$9.95. paper. ISBN 0385031386.

The best introduction to existentialism, the seminal philosophical movement of our century. Barrett's virtue, along with his analytic brilliance, is in making abstruse metaphysical concerns available to the lay reader. This work, along with Barrett's most recent, *Death of the Soul*, attacks the central problem of spiritual values in a materialist culture.

The Outsider

By Colin Wilson
\$9.95. paper. ISBN 0874772060.

The first book in the "Outsider Cycle," and the one to begin a career spanning almost forty years and over seventy books. In his study of creative individuals like Nietzsche, Hesse, Van Gogh and Nijinsky, Wilson introduces us to the theme that runs throughout his work: the problem of human freedom, a theme still prevalent in his recent works *The Misfits* and *Beyond the Occult*. An early, powerful work by one of our century's most stimulating writers.

Poetry, Language, and Thought

By Martin Heidegger
\$9.95. paper. ISBN 0060904305.



Heidegger, best known for his massive *Being and Time*, presents in these essays his thoughts about poetry and language. Though not an easy work, Heidegger's

poetic style induces in his readers a mood sympathetic to his subject, the place of the poet in our age of prose.

The Portable Nietzsche

Edited by Walter Kaufmann
\$9.95. paper. ISBN 0140150625.

One of the greatest services done Nietzsche scholarship were the translations of his major works by Walter Kaufmann, most of which are collected under this title. An excellent introduction to the philosopher who declared the death of God and searched for morality "beyond good and evil."

The Portable Plato

Edited by Scott Buchanan
\$9.95. paper. ISBN 0140150404.



What would a philosophy bookshelf be without Plato, of whom Whitehead said all subsequent philosophy was merely a footnote? Between this "portable" and the one above stretches the whole history of Western metaphysics.

Science and the Modern World

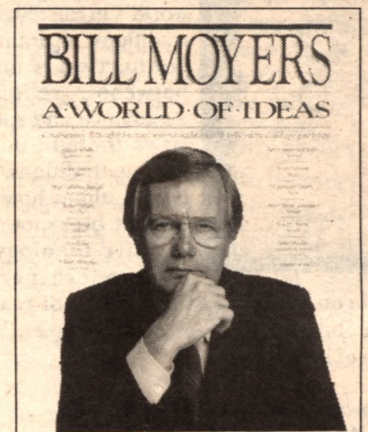
By Alfred North Whitehead
\$12.95. paper. ISBN 0029351901.

The first in a series of books in which, with *Adventures of Ideas*, *Modes of Thought*, and *Process and Reality*, Whitehead attacks the premises of modern Cartesian epistemology, develops his "philosophy of organism," and lays the foundation of a new, ecologically sound metaphysics. A seminal work in contemporary "process theology."

The Time Falling Bodies Take to Light

By William Irwin Thompson
\$10.95. paper. ISBN 0312805128.

Thompson often examines the artificial barriers separating science and myth, and in this book the celebrated cultural historian takes us on a fascinating journey from the earliest artifacts of primitive society to our current post-modern sensibilities. Replete with dazzling facts about myth, sexuality, and culture, this is an engaging work of scholarship.

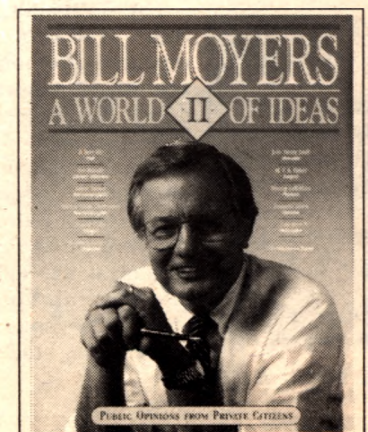


A World of Ideas—Volume I
\$25.00. paper. ISBN 0385263465.

A World of Ideas—Volume II
\$22.95. paper. ISBN 0385416652.

By Bill Moyers

Here are two collections of interviews with some of the leading intellectual figures of our time by one of our most capable and sincere journalists. Volume one includes interviews with Sissela Bok, Noam Chomsky, Elaine Pagels, August Wilson, Louise Erdrich, T. Berry Brazelton, and others. Volume two features Robert Bly, M.F.K. Fisher, Sam Keen, Maxine Hong Kingston, Toni Morrison, Jacob Needleman, and Richard Rodriguez.

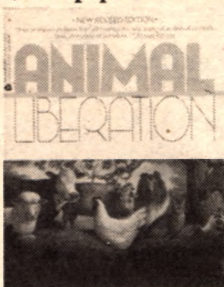


Animal Liberation

New Revised Edition

By Peter Singer

\$9.95. paper. ISBN 0380713330.



PETER SINGER

An important work that has awakened many to the abuse of animals everywhere—inspiring a worldwide movement to eliminate much of the cruel laboratory animal experimentation of years past. In this new edition, Singer exposes the chilling realities of today's factory farms and product testing procedures—offering sound, humane solutions to a profound social and moral issue.

Being Peace

By Thich Nhat Hanh

\$9.00. paper. ISBN 0938077007

Thich Nhat Hanh, poet and Zen master, believes in the importance of being peace in order to make peace. As he notes in this collection of lectures to peace activists and meditation students, "Every day we do things, we are things, that have to do with peace. If we are aware of our lifestyle, our way of consuming, and our way of looking at things, we will know how to make peace right in the moment we are alive." Both simple and profound, this valuable book contains a wealth of wisdom.

Dharma Gaia

A Harvest of Essays in Buddhism & Ecology

Edited by Allan Hunt Badiner

\$15.00. paper. ISBN 0938077309.

This excellent collection of essays brings together ecological concern and the teachings of Buddhism. Thich Nhat Hanh, Joanna Macy, Gary Snyder, Rick Fields, Joan Halifax, and others examine how Buddhist thought and practice can help define a guide to ecological living and encourage a greater identification with the natural world.



50 Simple Things You Can Do To Save The Earth

By The Earthworks Group

\$4.95. paper. ISBN 0929634063.

If you want to take an active role in saving our planet, start with these 50 simple things, many of which will save you money while you're saving the Earth. Whether it's car pooling and recycling or buying more efficient appliances, this slim volume empowers you to get up and do something about global environmental problems.



The Next Step

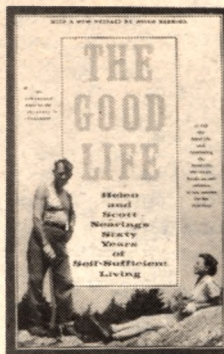
50 More Things You Can Do to Save the Earth

By The Earthworks Group

\$5.95. paper. ISBN 0836223020.

This book teaches you how to become environmentally active in your community.

You don't have to be the head of a company to make a business change, and you don't have to be an elected official to get government to act. 50 new projects show you that the next step in saving the Earth is to convert individual power into collective action.



The Good Life

Helen & Scott Nearing's Sixty Years of Self-Sufficient Living

By Helen & Scott Nearing

\$12.95. paper.

ISBN 0805209700.

Collected in one volume for the first time are Helen and Scott Nearing's classic books on self-reliance: *Living the Good Life* and *Continuing the Good Life*. This is a back-to-the-land bible with sound philosophy and practical advice.

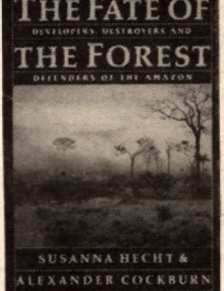
The Fate of the Forest

Developers, Destroyers and Defenders of the Amazon

By Susanna Hecht & Alexander Cockburn

\$9.95. paper.

ISBN 0060973226.



Hecht and Cockburn explore the history of the Amazon rain forest and document a chilling panorama of destruction: the extinction of flora and fauna, the poisoning of rivers, the felling of trees, and the persecution and slaughter of Indians. The authors also examine the political struggles that are destroying the land while also changing the world's climate.

Hothouse Earth

The Greenhouse Effect and Gaia

By John Gribbin

\$12.95. paper. ISBN 0802132642.

Climatic changes caused by the burning of coal and oil and the destruction of forests are examined against the broader background of natural climatic changes in this authoritative look at global warming. Gribbin explains how changes in temperature and rainfall will effect us and what must be done to slow the greenhouse effect.

In the Footsteps of Gandhi

Conversations with Spiritual Social Activists

By Catherine Ingram

\$15.00. paper. ISBN 0938077244.

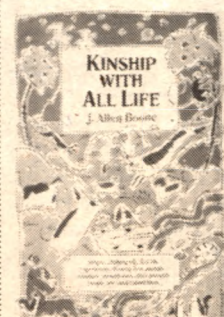
Here are twelve inspiring conversations with renowned activists whose spiritual and social commitment show us how to walk the path of compassion. Catherine Ingram speaks with Desmond Tutu, the Dalai Lama, Gary Snyder, David Steindl-Rast, Cesar Chavez, Joan Baez, Thich Nhat Hanh, Joanna Macy, Diane Nash, Ram Dass, Mubarak Awad and A.T. Ariyaratne.

Kinship With All Life

By J. Allen Boone

\$8.95. paper.

ISBN 0060609125.



Is there a universal language of love, a "kinship with all life?" The simple, real-life experiences detailed in this inspiring book show how animals communicate with each other and with people who understand them.

Making Peace With the Planet

By Barry Commoner

\$19.95. cloth. ISBN 0394565983.

With the threat of massive environmental pollution, we find ourselves in a perilous moment. What's needed, says Commoner, is a fundamental redesign of the way we produce goods—in agriculture, manufacturing, power, and transportation—and an understanding that the right to consume and the price of that right must be dealt with together if we are to make peace with planet Earth.

Man and Nature

The Spiritual Crisis in Modern Man

By Seyyed Hossein Nasr

\$12.95. paper. ISBN 0044406207



MAN AND NATURE
THE SPIRITUAL CRISIS IN MODERN MAN
SEYYED HOSSEIN NASR

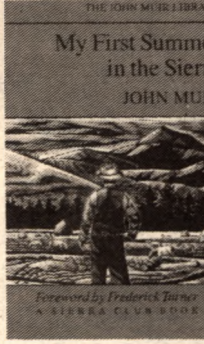
Man and Nature offers a sober analysis of our ecological crisis. Historian and philosopher Seyyed Hossein Nasr traces the historical and intellectual causes of the present dismal state of affairs and offers a full discussion of the metaphysical principles pertaining to nature. In a survey of spiritual traditions, Taoism, Hinduism, Buddhism, Christianity and Islam are explored in order to understand humanity's view of nature.

My First Summer in the Sierra

By John Muir

\$9.95. paper. ISBN 0871567482.

In the summer of 1869, John Muir set out with a small notebook and recorded his first impressions of the Sierra Nevada—and one of the great spiritual transformations in American history. These notes express the transcendent joy of a man discovering his passion and destiny. Wilderness lovers can return time and again to this writing that refreshes and nourishes like water from a Sierra stream.



The Partnership Way

New Tools for Living and Learning, Healing Our Families, Our Communities, and Our World

By Riane Eisler and David Loye

\$14.95. paper. ISBN 0062502905

In *The Chalice and the Blade*, Riane Eisler presented findings that described an ancient way of life based on sexual equality, social equality, nonviolence, and harmony with nature—"a partnership way" that was the basis of Neolithic society and offers a model for the future. This companion book further develops those ideas and offers exercises for imagining and experiencing new ways of thinking and feeling and acting in all aspects of our lives.



Silent Spring

By Rachel Carson

\$8.95. paper. ISBN 0395453909.

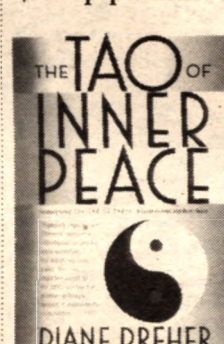
One of the landmark books of the twentieth century, *Silent Spring* spurred revolutionary changes in government policy toward the environment and made "ecology" a part of everyone's vocabulary. Carson's warning of

the danger and destruction brought on by the use of DDT and other chemicals helped us realize the fragility of our ecosystem. Its message is as pertinent today as when it was first published over 25 years ago.

The Tao of Inner Peace

By Diane Dreher

\$9.95. paper. ISBN 0060973757.



The *Tao Te Ching* has been a spiritual bridge between inner and outer peace for centuries. Diane Dreher shows us how to apply Taoist principles to ourselves and the world around us. This is a how-to book in the highest sense, with questionnaires and exercises that apply the Taoist principles of dynamic balance, cyclical growth, cosmic unity, and harmonious action.

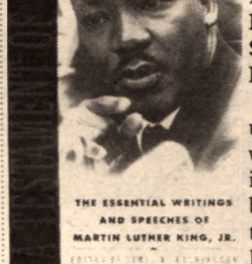
A Testament of Hope

The Essential Writings and Speeches of Martin Luther King, Jr.

By Martin Luther King, Jr.

\$16.95. paper.

ISBN 0060646918.



Here, in a one-volume collection of his writings, speeches, interviews, and autobiographical reflections, is Martin Luther King, Jr. on nonviolence, social policy, integration, black nationalism, the ethics of love and hope, and many other topics.

Thinking Like a Mountain

Towards a Council of All Beings

By John Seed, Joanna Macy, et al.

\$8.95. paper. ISBN 086571133X.

A stimulating collection of readings, meditations, poems, guided fantasies and workshop notes designed by workshop leaders and activists to help us really experience our intimate connection with Nature and move beyond the sense of alienation from the Earth that most of us feel. By developing empathy for the Earth, we realize that its fate is our own.

Voluntary Simplicity

Toward a Way of Life That Is Outwardly Simple, Inwardly Rich

By Duane Elgin

\$7.95. paper. ISBN 0688003222.

By embracing the tenets of voluntary simplicity—frugal consumption, ecological awareness, and personal growth—we can learn how to live in balance with the world and find a new way of perceiving ourselves, our lives and our surroundings. This book illuminates the pattern of changes that increasing numbers of people are making in their everyday lives.

The Words of Peace

Selections from the Speeches of the Winners of the Nobel Peace Prize

Foreword by President Jimmy Carter

\$14.95. cloth. ISBN 1557040605.

The heroes of peace—whose ranks include the Dalai Lama, Lech Walesa, Mother Teresa, Elie Wiesel, Martin Luther King, Jr., and many others—stand for sanity and compassion in the face of the most pressing problems of our age. This inspiring anthology offers perspectives by 47 prize winners on such themes as Faith and Hope, Nonviolence, Human Rights, the Bonds of Humanity, and Peace.

Native Americans

Aztec Thought and Culture

By Miguel Leon-Portilla
\$14.95. paper. ISBN 0806122951.

Using codices and accounts written in the Aztec native language, Nahuatl, Leon-Portilla examines the Aztec religion and philosophy. He illustrates the integrative functions of religion as well as the interrelationships between religion and socio-political organization.

Black Elk Speaks

Being the Life Story of a Holy Man of the Oglala Sioux
By John G. Neihardt
\$9.95. paper. ISBN 0803283598.

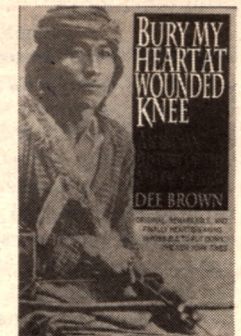


Black Elk recounts his life from childhood up until his tribe was moved to the Pine Ridge Reservation in 1890. Through a vision he had received as a child, Black Elk had hoped to help restore his nation's physical and spiritual vitality. This book was written so that his beliefs and hopes would not die with him.

Book of the Hopi

By Frank Waters
\$8.95. paper. ISBN 0140045279.

The definitive book on Hopi mysticism, *Book of the Hopi* was written with the help of thirty tribal elders. Included in this work are the legends, myths, religious ceremonies, and other traditions of one of the oldest Indian tribes of North America.



Bury My Heart at Wounded Knee

An Indian History of the American West
By Dee Brown
\$5.95. paper. ISBN 0671682474.

Brown uses historical records and firsthand accounts to vividly describe the battles, massacres, and broken treaties that led to the destruction of the American Indian. The Sioux, Dakota, Cheyenne, Navajo, and Apache are just a few of the tribes represented.

Fools Crow

By Thomas E. Mails
\$9.95. paper. ISBN 0803281749.

Frank Fools Crow, a spiritual leader of the Teton Sioux, spent nearly a century helping those of his race. The holy man tells Thomas E. Mails about his eventful life, from early reservation days when the Sioux were learning to farm, to later times when alcoholism, a cash economy, and World War II were swiftly eroding the old customs. He describes his vision quests and the process of becoming a medicine man. Included are interesting details of sweatlodge ceremonies, the Sun Dance, and instances of spiritual healing.

Lame Deer

Seeker of Visions
By John (Fire) Lame Deer and Richard Erdoes
\$4.95. paper. ISBN 0671553925.

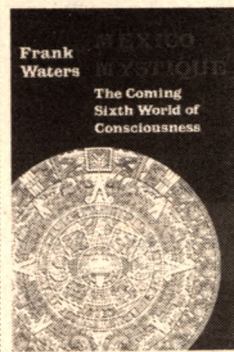
Lame Deer, a holy man of the Lakota

tribe, tells of his harsh and reckless youth on the Rosebud Reservation in South Dakota. He shares Indian history and folklore as well as demolishing many of the stereotypes and misinformation regarding the Indian's values and way of life.

Medicine Wheel

By Sun Bear
\$9.95. paper. ISBN 0135729823.

The result of a vision Sun Bear had long ago, *Medicine Wheel* sets forth a new system of earth astrology which helps guide people not only in their daily lives but along their life path as well. This unique approach shows everyone how to "walk in balance on our Earth Mother".



Mexico Mystique

The Coming of Sixth World Consciousness
By Frank Waters
\$12.95. paper. ISBN 0804009228.

According to ancient myths, we are currently in transition from the Fifth World to the Sixth World. Waters penetrates the history, culture and spiritual beliefs of pre-Columbian Mesoamerica and shows they are as relevant today as they were 2,000 years ago.

Native American Prophecies

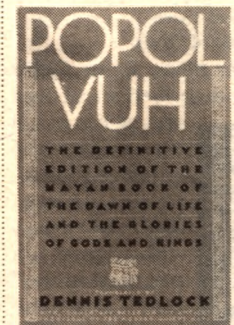
Examining the History, Wisdom and Startling Predictions of Visionary Native Americans
By Scott Peterson
\$12.95. paper. ISBN 1557784175.



Native American Prophecies is a unique blending of Indian culture, history and biographies of the most powerful Native American visionaries. Discussed are the visions of the Aztecs and Mayans as well as some of the contemporary prophets, whose plea is for environmental and social change.

Popol Vuh

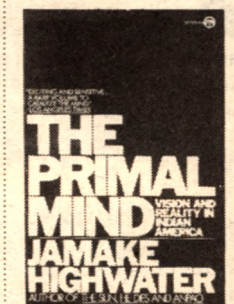
Mayan Book of the Dawn of Life
Translated by Dennis Tedlock
\$10.95. paper. ISBN 0671617710.



Considered the Mayan Bible, *Popol Vuh* is one of the great books about the creation of the world. Originally written in Mayan hieroglyphs, the text begins with the deeds of Mayan gods in the darkness of a primeval sea and ends with the Mayan lords who founded the Quiche kingdom in Guatemala.

Primal Mind

Vision and Reality in Indian America
By Jamake Highwater
\$9.95. paper. ISBN 0452009669.



Highwater examines the cultural aspects of American Indian ritual, art, oral traditions, ceremonial dance, and perceptions of time and space. He emphasizes the need for Westerners to understand and value Native American philosophy and vision.

Red Man's Religion

By Ruth Underhill
\$12.95. paper. ISBN 0226841677.

A classic anthropological text, *Red Man's Religion* explores the variety of religious beliefs and ceremonies among the North American Indians. Underhill shows how ceremonies and other religious behaviors are affected by the differing needs of the big game hunters, seed gatherers, and planters. Highly readable.

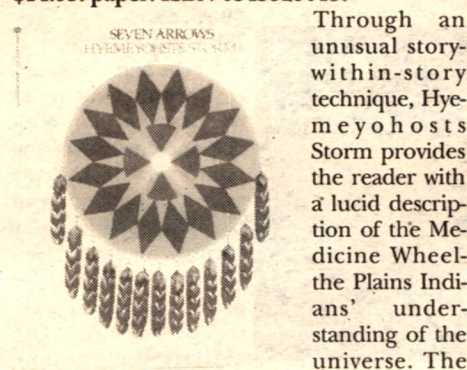
Rolling Thunder

By Doug Boyd
\$9.95. paper. ISBN 038528859X.

As a medicine man, or shaman, Rolling Thunder is a guardian of a wealth of knowledge that has been passed down through countless generations. This knowledge includes the power to cure disease and heal wounds, to find and use medicinal herbs, to make rain, to perform exorcisms, and to transport objects through the air. This book has become a classic examination of the life of a medicine man in modern-day America.

Seven Arrows

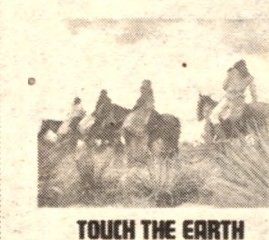
By Hyemeyohosts Storm
\$14.95. paper. ISBN 0345329015.



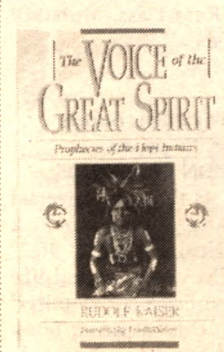
Through an unusual story-within-story technique, Hyemeyohosts Storm provides the reader with a lucid description of the Medicine Wheel-the Plains Indians' understanding of the universe. The Medicine Wheel is like a mirror that reflects all things and all perceptions. By exploring and understanding the four directions of the Medicine Wheel, we become balanced and whole. Richly illustrated, this book contains one of the largest collections available of photographs by Edward S. Curtis.

Touch the Earth

A Self-Portrait of Indian Existence
By T.C. McLuhan
\$12.95. paper. ISBN 0671222759.



This collection of writings, statements and photographs demonstrates the course of North American Indian history and values. Especially noteworthy are the values of living in harmony with nature and of regarding the land as a sacred creation.



The traditional prophecies of the Hopi people of the American Southwest predict many of the troubles facing the world today, including the current environmental crisis and the decay of morals. The Hopi believe that an impending apocalypse can only be avoided if people restore harmony and balance with the natural world. This compelling book analyzes the contents of the prophecies and explains what our Western civilization can learn from them.

The Voice of the Great Spirit

Prophecies of the Hopi Indians
By Rudolf Kaiser
\$10.00. paper. ISBN 0877736022.

Shamanism

Dreamtime and Inner Space

The World of the Shaman
By Holger Kalweit
\$14.95. paper. ISBN 0877734062.



The Shaman's Doorway

Opening Imagination to Power and Myth
By Stephen Larsen
\$10.95. paper. ISBN 0882680722.

Through shamanic wisdom and mythology, Larsen attempts to find a method by which the scientifically oriented mind of 20th century man can find access to the richness of the subconscious mind. It is an excellent combination of psychology, religion and anthropology.

The Spirit of Shamanism

By Roger N. Walsh
\$10.95. paper. ISBN 0874776260.

Explored are the training techniques, experiences, healing practices, and states of mind of tribal shamans worldwide. Dr. Walsh shows how contemporary medical and psychological techniques compare to those of the shaman.

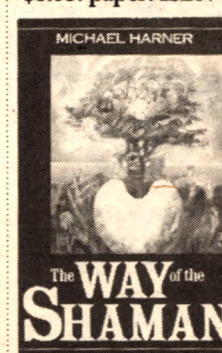
Urban Shaman

A Handbook for Personal and Planetary Transformation Based on the Hawaiian Way of the Adventurer
By Serge Kahili King, Ph.D.
\$9.95. paper. ISBN 0671683071.

Hawaiian shamanism produces transformation through love and cooperation in contrast to the well-known way of the warrior which puts importance on solitary quests and conquest by power. This is a practical guide for those seeking deeper knowledge of the shamanic wisdom of today.

The Way of the Shaman

By Michael Harner
\$8.95. paper. ISBN 0062503731.



Shamans—frequently called "medicine men" or "witch doctors"—are the keepers of a remarkable body of ancient techniques used to achieve and maintain well-being for themselves and their communities. This book is an introductory handbook of shamanic methodology for health and healing. It offers a clear guide to a system that goes far beyond Western psychology, medicine and spirituality.

Egypt

The Egyptian Book of the Dead
Translated by E.A. Wallis Budge
\$9.95. paper. ISBN 048621866X.



THE EGYPTIAN BOOK OF THE DEAD
E.A. WALLIS BUDGE

Also known as *The Book of the Great Awakening*, the text embodies a ritual to be performed for the dead, with detailed instructions for the behavior of the disembodied spirit in the Land of the Gods. Chapters were carved on pyramids, written in papyrus and painted on mummy cases. The hieroglyphs are reproduced here in full with a linear transliteration of their sounds, a word-for-word translation, and separately a complete smooth translation.

The Field of Transformations

A Quest for the Immortal Essence of Human Awareness
By Bika Reed
\$12.95. paper. ISBN 0892811544.

At the heart of human experience is the search for meaning. We can choose to identify ourselves with meaning—the seed of all nature and the essence of immortality—or we can identify ourselves with existence, the fruit of nature subject to eventual decay.

This book is both inspired by and a commentary on an ancient Egyptian sacred text: *Revelation of the Soul of Shu*, translated here by Bika Reed. Its major theme is the bond between existence and meaning, a bond that leads to an experience of certitude and joy.

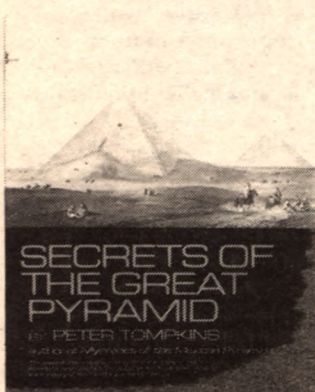
Her-Bak
The Living Face of Ancient Egypt
By Isha Schwaller de Lubicz
\$10.95. paper. ISBN 0892810033.



HER-BAK
ISHA SCHWALLER DE LUBICZ
Illustrated by Lucie Lamy

A vivid re-creation of the spiritual life of ancient Egypt as seen through the eyes of a young boy, Her-Bak, candidate for initiation into the sublime mysteries of the Egyptian temple. This fictional account is based on years of on-site research by the author and traces Her-Bak's development through progressively advanced stages on the path to self-knowledge and cosmic wisdom.

Secrets of the Great Pyramid
By Peter Tompkins
\$24.95. paper. ISBN 0060906316.



In this beautifully illustrated book, Peter Tompkins examines the adventures and explorations of the archaeologists, treasure-hunters, soldiers, scientists, and eccentrics who have studied the Great Pyramid of Cheops over many centuries. He also analyzes the various theories as to how and why the pyramid was built, its relation to other struc-

tures of antiquity (including Stonehenge), and its influence on the fields of astronomy, astrology and the occult, geodesy, and history.

Serpent in the Sky
The High Wisdom of Ancient Egypt
By John Anthony West
\$13.95. paper. ISBN 0517566354.



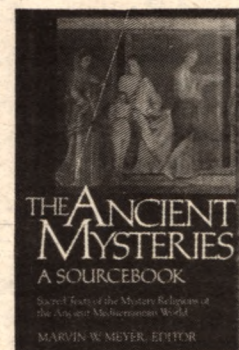
SERPENT IN THE SKY
The High Wisdom of Ancient Egypt
John Anthony West
Prelude by Peter Tompkins

The Temple in Man
Sacred Architecture & the Perfect Man
By R.A. Schwaller de Lubicz
\$8.95. paper. ISBN 0892810211.

In this study of the life work of philosopher and mathematician R.A. Schwaller de Lubicz, John Anthony West argues for a revolutionary reinterpretation of ancient Egyptian civilization. He reveals the esoteric messages in hieroglyphs, explicates the high order of refinement of Egyptian science, mathematics, and astronomy, and presents evidence that Egyptian knowledge of the universe was a legacy from a previous highly sophisticated civilization. A fascinating, controversial book.

Middle Eastern Religions and Cultures

The Ancient Mysteries—A Sourcebook
Sacred Texts of the Mystery Religions of the Ancient Mediterranean World
Edited by Marvin W. Meyer
\$14.95. paper. ISBN 0060655763.



This unique anthology brings together reliable translations of approximately forty significant texts from the ancient mystery religions. Included are texts from Andanian, Anatolian, Syrian, Egyptian, Greek, and Roman mysteries, as well as the mysteries within Judaism and Christianity. Each of the texts is expertly introduced and explained by the editor.

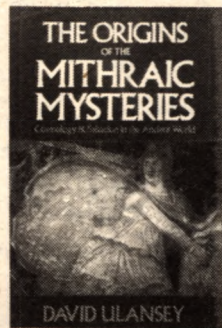
The Epic of Gilgamesh
English Version With an Introduction by N.K. Sandars
\$4.95. paper. ISBN 014044100X.

The cycle of poems collected around the character of Gilgamesh, the great king of Uruk, tells of his long and arduous journey to the Spring of Youth, of his encounters with monsters and gods and of his friendship with Enkidu, the wild man from the hills. As a mixture of pure adventure, morality and tragedy, the story of Gilgamesh and his futile search for immortality transcends the barriers of time, for it revolves around fundamental forces and human problems common throughout the centuries.

Inanna
Queen of Heaven & Earth—Her Stories & Hymns From Sumer
By Diane Wolkstein & Samuel Noah Kramer
\$10.95. paper. ISBN 0060908548.

Presented here in modern literary form is myth of the goddess Inanna, the beloved deity of the ancient Sumerians. Through the assembled stories that comprise the Cycle of Inanna, the authors skillfully create an authentic portrait of the goddess from her adolescence to her completed womanhood and "godship." These compelling tales evoke the power, wonder and mystery embedded in this ancient and vital myth.

Origins of the Mithraic Mysteries
Cosmology & Salvation in the Ancient World
By David Ulansky
\$7.95. paper. ISBN 0195067886.



The teachings of the ancient Roman "mystery religion" of Mithraism were guarded with the utmost secrecy, revealed only to select initiates. While the Mithraists never wrote down their secret doctrines, they did leave a key to them in the arcane iconography which filled the walls of their underground temples. Most experts have been content with a vague hypothesis that these images somehow derived from ancient Iranian religion.

David Ulansky offers a radically different theory. He argues that Mithraic iconography was actually an astronomical code, and that the cult began as a religious response to a startling scientific discovery. The central secret of the cult, says Ulansky, is a secret consisting of an ancient vision of the ultimate nature of the universe.

African Religions and Culture

African Traditional Religions in Contemporary Society
Edited by Jacob K. Olupona
\$12.95. paper. ISBN 0892260793.

Once relegated to the realm of "primitive" and stigmatized as "pagan," today there is a new acknowledgement of the importance of African traditional religion, especially in its stress on folk practices, communal values, and personal relationships. This book is a collection of papers given by Western and African scholars before the Council for World Religions in Nairobi, Kenya on September 10-14, 1987. The essays here reflect a wide variety of viewpoints, but they share the common recognition that African traditional religion must be viewed as an integral part of contemporary African life.

Flash of the Spirit
African & Afro-American Art & Philosophy
By Robert Farris Thompson
\$11.00. paper. ISBN 0394723694.

This first-rate book shows how five African civilizations—Yoruba, Kongo, Ejagham, Mande and Cross River—have informed and are reflected in the aesthetic, social and metaphysical traditions (music, sculpture, textiles, architecture, religion, idiogrammatic writing) of black people in the United States, Cuba, Haiti, Trinidad, Mexico, Brazil and other places in the world.

The Healing Drum
African Wisdom Teachings
By Yaya Diallo and Mitchell Hall
\$12.95. paper. ISBN 0892812567.



THE HEALING DRUM
African Wisdom Teachings
YAYA DIALLO and MITCHELL HALL

Born in Mali, West Africa, and a member of the Minianka (Bamana) tribe, Yaya Diallo was raised in a culture that works, worships, lives, and breathes to the beat of the drum. An instrument for transmitting traditional knowledge among the Minianka, the drum is the focal point of Yaya's life story. This book explores the Minianka view of the human being relative to daily work, celebration, herbal medicine, dance, trance, initiation, and death. The music of the healing drum not only provides a remedy for both physical and psychological imbalances, but also harmonizes the forces of the visible and invisible worlds.

Afro-Caribbean Religions

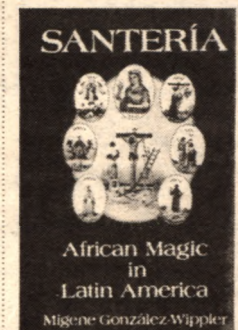
The Divine Horsemen
The Living Gods of Haiti
By Maya Deren
\$12.00. paper. ISBN 0914232630.



Maya Deren's account of the Haitian deities, practitioners, and rituals of Voodoo has long been recognized as a classic of its type—an anthropological investigation written with the special insight of personal encounter. Joseph Campbell remarked that this "is still the best thing there is on Haitian possession."

Famous for her ground-breaking experimental films, Deren brought her entire aesthetic sensibility to force in this profound study of "the total integrity of cultural form." The panoply of goddesses and gods emerges in an informed and eloquent evocation of "the facts of the mind made manifest in a fiction of matter."

Santeria
African Magic in Latin America
By Migene Gonzalez-Wippler
\$6.95. paper. ISBN 0942272048.



Santeria emerged as a struggle for cultural and ideological survival between the enslaved West African Yoruba people and the Roman Catholic Church in union with the Spanish Empire. Slaves transformed the enforced worship of the Catholic saints into the veiled worship of their spirit ancestors. In this book Migene Gonzalez-Wippler examines the history of Santeria, its rituals and ceremonies, and its magical practices.

The Qur'an

The Koran

With Parallel Arabic Text

Translated by N.J. Dawood

\$19.95. paper. ISBN 0140445420.

\$29.95. cloth. ISBN 0670800880.



The Koran is universally accepted by Muslims to be the infallible Word of God as revealed to Mohammed by the Angel Gabriel nearly 1,400 years ago. N.J. Dawood's masterly translation presents the general reader with a clear, fluent and authoritative rendering of the text. A comprehensive index is included.

The Holy Quran

An English Interpretation with Full Arabic Text

By Abdullah Yusuf Ali

\$4.90. cloth. ISBN 9694320003.

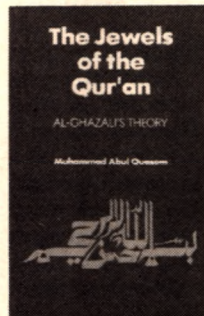
This is the classic edition of the Quran by Abdullah Yusuf Ali published by Sh. Muhammad Ashraf in Pakistan. This is one of the best translations available in English.

The Jewels of the Qur'an

Al-Ghazali's Theory

By Muhammad Abul Quasem

\$14.95. paper. ISBN 0710300344.



This book contains Al-Ghazali's views on the Qur'an. The first part presents us with Al-Ghazali's views on several broad problems relating to the Qur'an as a whole, e.g. the method of its understanding, its principal aims, the process by which all diverse branches of Islamic learning have

stemmed from it, the reasons why similitudes and allegories are employed in it, and the relationship between the perceptible world and the world of the unseen.

The second part contains, in an extremely readable translation, more than 1,500 verses that Al-Ghazali calls the jewels and pearls of the Qur'an.

Islam

Gardens of the Righteous

Riyadh as-Salihin of Imam Nawawi

Translated by Muhammad Zafrulla Khan

\$19.95. cloth. ISBN 094079327X.

It has long been recognized by scholars as well as by devout Muslims how valuable is the vast corpus of Hadith for the study of early Islam and for providing right precepts and guidance for the faithful. (A hadith is a report of what the Prophet Muhammad did or said, and thus can be a quotation or an account of what happened.)

This book provides a very readable translation of the *Riyadh as-Salihin*, or *Gardens of the Righteous*, written by the Syrian Shafi'i scholar Muhyi ad-Din Abu Zakariyya Yahya b. Sharaf an-Nawawi (1233-1278).

This concise collection of traditions contains 370 sections or chapters that comprise some 1900 Hadith governing every mode of conduct.

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Ideals and Realities of Islam

By Seyyed Hossein Nasr

\$14.95. paper. ISBN 0042970490.

In a time of increased yet critical interest in Islam, this book, by one of the world's leading scholars of Islamic culture, addresses interested Western readers as well as Muslims who have received a Western education. Firmly grounded in the Muslim tradition it seeks to convey the truth of Islam as revealed in the Qu'ran and followed by generations of devoted Muslims.

Islam and the Destiny of Man

By Charles Le Gai Eaton

\$19.95. paper. ISBN 088706163X.

A straightforward account of Muslim beliefs and practices with regard to everything from sex and family affairs to death and life in the hereafter. Eaton provides an intimate look at the sacred community of Islam through its historical events and the story of the life of Muhammad, the Prophet.



Living Islam

East & West

By Shaykh Fadhlalla Haeri

\$15.95. paper.

ISBN 1852300655.

A contemporary master speaks to today's audience about the timeless eternal reality of the Islamic tradition. Shaykh Fadhlalla Haeri shows how it is possible

to apply the ageless wisdom of Islam to one's own life in this modern age.

Muhammad

His Life Based on the Earliest Sources

By Martin Lings

\$12.95. paper. ISBN 0892811706.

Martin Ling's life of Muhammad, unlike any other, is based on Arabic sources of the eighth and ninth centuries. It owes its freshness and directness of approach to the words of the men and women who heard Muhammad speak and witnessed the events of his life. Using a narrative style that reflects both the simplicity and grandeur of the story he tells, Lings has written a masterly biography of the Prophet of Islam.

Sufism

The Chasm of Fire

A Woman's Experience of Liberation Through the Teachings of a Sufi Master

By Irina Tweedie

\$15.95. paper. ISBN 185230040X.

When her husband died tragically in 1954, Irina Tweedie searched for consolation and a meaning to life. She then began a journey of spiritual discovery that took her to India and the Sufi teacher who was to revolutionize her life. This is a detailed record of the author's spiritual training.

The Conference of the Birds

By Farid ud-Din Attar

Translated by Afkham Darbandi & Dick Davis

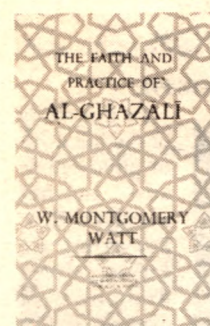
\$6.95. paper. ISBN 0140444343.

Attar's great mystical poem opens when all the birds of the world gather together to begin the search for an ideal king. What follows is a marvellous allegorical rendering of Sufism in the form of a group of stories bound together by a pilgrimage. The Way of the Sufi is expounded here in tales that are often riddling and sometimes obscure, but Attar's poem gracefully puts into words the themes of love and the search for divine unity.

The Faith and Practice of Al-Ghazali

By W. Montgomery Watt

\$6.95. paper. ISBN 0686186109.



Al-Ghazali (1058-1111), one of the great Muslim theologians, abandoned his position in the university of Baghdad and sought, by Sufi mysticism, to overcome the skepticism aroused by his intellectual studies. His journey is documented here in the form of his spiritual autobiography. Also included is a

work that sets out his ideal of how the religious man should order his life from hour to hour and day to day.

Ibn Al'Arabi—The Bezels of Wisdom

Translation & Introduction by R.W.J. Austin

\$10.95. paper. ISBN 0809123312.



Ibn Al'Arabi was a Sufi born in twelfth-century Spain. This book was written during the author's later years and was intended to be a synthesis of his spiritual doctrine. Bezel means a setting in which a gem, engraved with one's name, is set to

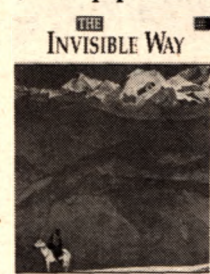
make a seal ring. The settings in which Al'Arabi has placed his spiritual wisdom are the lives of the prophets. The book portrays the wisdom of love through Abraham, of the unseen through Job, of light through Joseph, of intimacy through Elias and so on.

The Invisible Way

A Time to Love—A Time to Die

By Reshad Feild

\$15.95. paper. ISBN 1852301910.



This is a beautiful and moving story and a sequel to *The Last Barrier*. In this exploration of the Sufi tradition, Reshad Feild wonders about the nature of reality, the meaning of life, and the mystery of love.

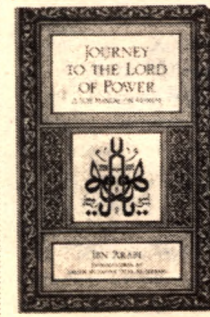
"This book is a love story, about love that faces death. To truly know that this body dies and that this is the only time we have, is the most powerful weapon that we can ever have. With this understanding, we can begin to live passionately, not wasting a moment of the precious time that is allocated to us, plunging gratefully into the immediacy of living."—Reshad Feild

Journey to the Lord of Power

A Sufi Manual on Retreat

By Ibn Al'Arabi

\$10.95. paper. ISBN 0892810181.



This is the first English translation of Ibn Al'Arabi's text dealing with spiritual ascent and the practice of spiritual retreat, an attempt to attain the Presence of God through absolute abandonment of the world. Written in answer to the questions of a friend, this illuminating guide describes the evolutionary path of our journey toward God.

The Last Barrier

A Sufi Journey

By Reshad Feild

\$11.95. paper. ISBN 1852301961.

A rare journal of one man's struggle towards true freedom. Although Reshad Feild chose the Sufi way of enlightenment, this work in essence is the universal search for self-discovery.

Mystical Dimensions of Islam

By Annemarie Schimmel

\$13.95. paper. ISBN 0807812714.

An excellent anthology of writings that delineates the main features of Sufism. Professor Schimmel's topics include the history of Sufism, Sufi orders and fraternities, mystical leaders, Sufi psychology, Persian and Turkish mystical poetry, and Sufism in Indo-Pakistan. This book is intended for the general reader.

Open Secret

Versions of Rumi

By John Moyne & Coleman Barks

\$8.00. paper.

ISBN 0939660067.

A beautiful collection of quatrains and odes by the great poet and mystic, Rumi, that reveals a personal, human record of one man's encounter with the divine. Many of these poems appear here in English for the first time.

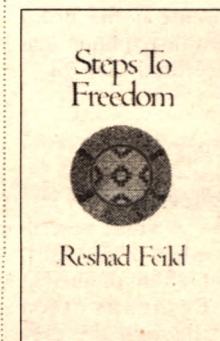
Steps to Freedom

Discourses on the Alchemy of the Heart

By Reshad Feild

\$9.00. paper.

ISBN 0939660040.



These are discourses about the essential knowledge of the Heart, about the possibility of being in such a state of love that we come to understand the perfection of life in each moment. This book follows *The Last Barrier* and *The Invisible Way* in Reshad Feild's examination of the power of transformative ideas.

The Sufis

By Idries Shah

\$9.95. paper. ISBN 0385079664.



One of the best, authoritative books on Sufism. Following a mystical way of life that has had enormous impact on both the East and West, the Sufis believe theirs is the secret tradition behind all religious and philosophical systems.

Robert Graves says in his introduction, "To be in the world, but not of it, free from ambition, greed, intellectual pride, blind obedience to custom, or awe of persons higher in rank; that is the Sufi ideal."

*Fishes, asking what water was,
went to a wise fish. He told
them that it was all around
them, yet they still thought that
they were thirsty.*

—Nasafi

Meditation

The Art of Meditation

By Joel Goldsmith
\$14.95. Cloth. ISBN 0060631503.

Goldsmith gives us a program of daily meditation that stresses a oneness with God and an understanding of an individual's place in the world. Not concerned with theory or theology, *The Art of Meditation* seeks to release humanity to its God-given birthright—freedom from materialism, small and unworthy ends, and from all forms of self-seeking.

Centering

A Guide to Inner Growth
By Sanders G. Laurie & Melvin J. Tucker
\$7.95. paper. ISBN 0892810505.

CENTERING
A Guide to Inner Growth

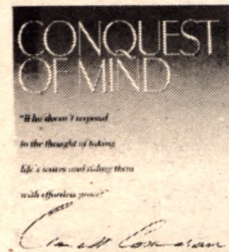


Sanders G. Laurie and Melvin J. Tucker

your talents and use them more effectively; and practice techniques for building up your psychic energies.

Conquest of Mind

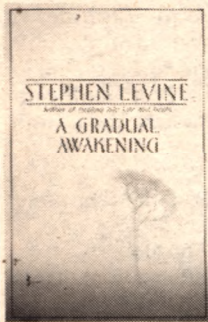
By Eknath Easwaran
\$12.00. paper. ISBN 0915132508.



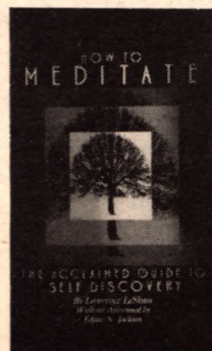
includes many interesting and illustrative anecdotes.

A Gradual Awakening

By Stephen Levine
\$6.95. paper. ISBN 0385262183.



blooms—gradually and when it's ready.



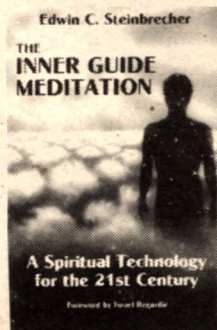
How to Meditate
By Lawrence Leshan
\$4.50. paper. ISBN 0553244531.

This simple and straightforward guide provides an easy-to-follow and realistic approach that allows you to bring meditation into your daily life. His specific programs and exercises provide prac-

tical tools for you to begin your journey and explore the many paths of meditation.

The Inner Guide Meditation

By Edwin Steinbrecher
\$10.95. paper. ISBN 0877286574.



practice.

Journey of Awakening

A Meditator's Guidebook
By Ram Dass
\$4.95. paper. ISBN 0553285726.

Ram Dass shares his understanding and explores the many paths of meditation—from mantra, prayer, visualization, and "just sitting" to movement meditations such as t'ai chi. He suggests ways to find a method suitable for you, and outlines the stages and benefits of meditative practice in a wise and often humorous way.

Meditation in Action

By Chogyam Trungpa
\$6.00. paper. ISBN 0877735506.

Chogyam Trungpa, a foremost master of Tibetan Buddhism, teaches that meditation is not a retreat from the world. Meditative practice extends beyond the period of formal sitting to encompass the daily activities of our life. In this way, we are able to develop a foundation of compassion, awareness and wisdom.

The Meditative Mind
The Varieties of Meditative Experience
By Daniel Goleman
\$8.95. paper. ISBN 0874774632.



tor, this book provides an excellent overview and introduces the reader to the basic elements of these varied practices. A highly recommended book.



highest capabilities and is employed to link the inner with the outer worlds. Includes an overview of many different practices with clear and easy to implement instructions.

Incorporating the ancient symbols found in astrology and the tarot, Steinbrecher shows the reader how to get in contact with the "Inner Guide". The meditations are explained in simple and easy to follow language with special emphasis on common questions that arise during

The Silent Path

A Comprehensive Guide to the Study of Meditation
By Michal Eastcott
\$10.95. paper. ISBN 0877280630.

This book is a comprehensive introduction to the practice of meditation. Meditation is not a passive form of devotion but a positive use of our

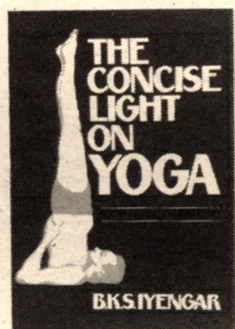


help the reader gain calm and clarity.

Yoga

The Concise Light on Yoga

By B.K.S. Iyengar
\$9.95. paper. ISBN 0805207236.



beginner by an acknowledged expert on the subject.

Hatha Yoga

The Hidden Language
By Swami Sivananda Radha
\$18.95. paper. ISBN 0877734631.

It is well known that the practice of yoga asanas can promote physical health. Less widely known is how these exercises can contribute to emotional well-being, psychological growth, and spiritual understanding. Working with metaphor, symbolism, imagery, and visualization, Swami Radha explores twenty-two of the most common asanas and guides the student to discover their inner meaning and gain deeper appreciation of the power of yoga as a tool for self-transformation.

This book is one of the most comprehensive guides available for the student of Hatha Yoga. It contains a thorough introduction that outlines the theory of Hatha Yoga for the beginner, detailing the intricate aspects of yogic thought and providing a firm basis for practice. Includes detailed photographs to illustrate the postures or asanas, and provides step by step instructions to enable correct practice.

Light on Yoga
By B.K.S. Iyengar
\$14.95. paper. ISBN 0805206108.

This book is one of the most comprehensive guides available for the student of Hatha Yoga. It contains a thorough introduction that outlines the theory of Hatha Yoga for the beginner, detailing the intricate aspects of yogic thought and providing a firm basis for practice. Includes detailed photographs to illustrate the postures or asanas, and provides step by step instructions to enable correct practice.

to illustrate the postures or asanas, and provides step by step instructions to enable correct practice.

Working Inside Out

Tools for Change
By Margo Adair
\$12.95. paper. ISBN 0914728504

An interesting and thorough introduction to meditation with an emphasis on western psychology. Includes many guided visualizations to

The Sivananda Companion to Yoga

A Complete Guide to the Physical Postures, Breathing Exercises, Diet, Relaxation and Meditation Techniques of Yoga
By Lucy Lidell
\$12.95. paper. ISBN 0671470884.

The classic guide to yoga—clear, comprehensive and superbly illustrated. Easy-to-follow instructions and authoritative teaching cover all aspects of this timeless discipline. Illustrated with detailed drawings and photographs that allow the student to learn by example, from the basic postures to the advanced asanas. Includes a thorough meditation section that gives insightful advice for the student interested in combining Hatha Yoga with meditation.

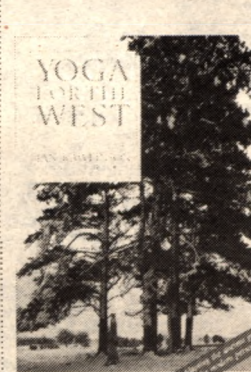


low instructions and authoritative teaching cover all aspects of this timeless discipline. Illustrated with detailed drawings and photographs that allow the student to learn by example, from the basic postures to the advanced asanas. Includes a thorough meditation section that gives insightful advice for the student interested in combining Hatha Yoga with meditation.

Yoga and Psychotherapy

The Evolution of Consciousness
By Swami Rama, Rudolph Ballentine, M.D. & Swami Ajaya, Ph.D.
\$12.95. paper. ISBN 0893890367.

This excellent book of Yoga psychology provides an in-depth analysis of Western and Eastern models of the mind and their differing perspectives on such functions as ego, instinct, and consciousness. The authors present thorough scientific research on the results of biofeedback and yogic practice.

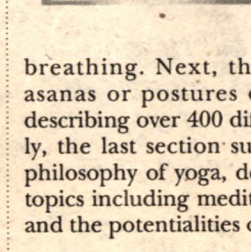


Yoga for the West is unique in that it helps people individualize the Yoga principles and practices in a flexible and creative way. Useful modifications of traditional postures are found throughout the book, which the western student of Yoga often requires. Includes many useful illustrations and drawings.

The Complete Yoga Book

3 Volumes in 1
By James Hewitt
\$14.95. paper. ISBN 0805209697.

James Hewitt's comprehensive book on yoga constitutes a virtual encyclopedia of yoga practice and practical yoga, as well as of the philosophy and background of yoga. It is divided into three separate book-length sections. The first section deals with raising the levels of health and vitality through the control of breathing. Next, the reader learns the asanas or postures of yoga—this section describing over 400 different postures. Finally, the last section surveys the history and philosophy of yoga, dealing with a range of topics including meditation, psychic powers, and the potentialities of biofeedback.



Hindu Texts

The Rig Veda

Translated by Wendy Doniger O'Flaherty
\$6.95. paper. ISBN 0140444025.

The Vedas (Sanskrit for "knowledge, sacred teaching") are the earliest texts in Indian literature and were the basis for early Indian religion and philosophy. The vast collection of Vedas (from 1500 B.C.) is divided into four parts. The first, the Rig Veda (the Veda of poetry), consists of hymns rich in the symbolism and mechanism of Vedic ritual. Professor O'Flaherty has selected and translated 108 hymns for this volume that yield up the beauty and wisdom of these sacred teachings.

The Upanishads

Breath of the Eternal

Translated by Swami Prabhavananda & Frederick Manchester

\$4.50. paper. ISBN 0451626079.

The Upanishads (800 to 400 B.C.) are spiritual treatises of differing lengths. Translated literally, upanishad means "sitting near devotedly," conjuring images of the contemplating student receiving teachings from a spiritual master. The principal Upanishads offered here reflect the direct, overwhelming religious experience of the Hindu sages in the often poetic language of divine inspiration.

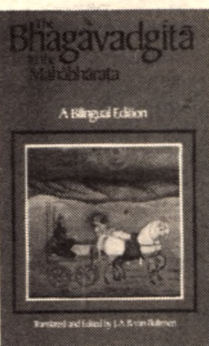


The Bhagavadgita in the Mahabharata

A Bilingual Edition

Translated and edited by J.A.B. van Buitenen
\$9.95. paper. ISBN 0226846628.

The Bhagavadgita is a self-contained episode in the Mahabharata, a vast collection of epics, legends, romances, theology, and metaphysical doctrine that reflects the history and culture of the whole of Hindu civilization. This edition forms part of J.A.B. van Buitenen's widely acclaimed translation



of this great work. Sanskrit and English are printed on facing pages, enabling those with some knowledge of Sanskrit to appreciate the accuracy of van Buitenen's rendering.

The Song of God: Bhagavad Gita

Translated By Swami Prabhavananda & Christopher Isherwood

\$4.50. paper. ISBN 0451627571.

The Bhagavad Gita is considered the Gospel of Hinduism. Set against the backdrop of a battleground, the dialogue between Lord Krishna and Prince Arjuna is symbolic of the battle that goes on within each human being between the ego and his higher nature. This is a distinguished translation that presents a living contemporary message that touches the most urgent personal and social problems.

Brahmin is all in all. He is action, knowledge, goodness supreme. To know him, hidden in the lotus of the heart, is to untie the knot of ignorance.

—Mundaka Upanishad

How to Know God

The Yoga Aphorisms of Patanjali

Translated by Swami Prabhavananda & Christopher Isherwood

\$4.50. paper. ISBN 0451627598.



Patanjali, a great Indian sage, composed a series of aphorisms, or Sutras, to explain Yoga to his contemporaries. No other work before or since has so succeeded in illuminating the essence of Yoga—its aims, its methods, its powers, and the nature of the liberation it affords. This translation is the most lucid of all

English renderings of Patanjali's classic text.

Mahabharata

An Immortal Epic of War & Destiny

Retold by William Buck

\$4.95. paper. ISBN 0452009138.



A bitter, generation-spanning conflict between two great ruling families for India's most precious lands forms the central thread of India's national epic poem. With its magnificent cast of characters and its deep moral ramifications, William Buck's narrative is a drama of savage battle

and tender love, sensuous celebration and profound meditation.

The Ramayana

By R.K. Narayan

\$6.95. paper. ISBN 0140044280.

The Ramayana, the heroic tale of Prince Rama, is one of India's supreme epics. Its chief episodes are Rama's courtship of the youthful Sita, their exile, Sita's abduction, the search, and the great battle with Ravana, her abductor—all played out in a universe thronged with deities, heroes, and demons. This is a brilliant retelling of this ancient poem for modern readers.

Hinduism and Vedanta

Autobiography of a Yogi

By Paramahansa Yogananda

\$15.00. cloth. ISBN 087612080X.

\$4.00. paper. ISBN 0876120796.



This is an absorbing account of a singular search for Truth, interwoven with scientific explanations of the subtle but definite laws by which yogis perform miracles and attain self-mastery. The author also recounts his visits with exceptional spiritual personages of East and West—including

Mahatma Gandhi, Luther Burbank, Therese Neumann and Rabindranath Tagore. As an authoritative introduction to the science of Yoga, this has become a classic in its field.

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Crest-Jewel of Discrimination

By Shankara

Translated by Swami Prabhavananda & Christopher Isherwood

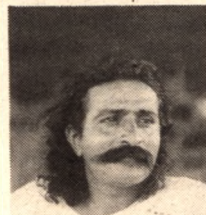
\$5.95. paper. ISBN 0874810388.

This is a classic text of Vedanta regarding the path to God through knowledge. Its basic teaching is that God alone is the all-pervading reality; the individual soul is none other than the universal soul.

Discourses

By Meher Baba

\$12.00. paper. ISBN 0913078581.



DISCOURSES

Meher Baba

Meher Baba (literally, "compassionate father"), who kept an unbroken vow of silence for the last forty years of his life, gave these discourses to his students through the use of an alphabet board. Having once said that he came "not to teach, but to awaken," he offers here descriptions of the spir-

itual path and its disciplines in a practical guide to daily life.

Long considered a classic in metaphysical literature, Meher Baba's *Discourses* throw the light of true knowledge on many of life's most perplexing problems.

The Essential Aurobindo

Edited by Robert A. McDermott

\$12.95. paper. ISBN 0940262223.



THE ESSENTIAL AUROBINDO

filled with a new Afterword by ROBERT McDERMOTT



Sri Aurobindo was one of contemporary India's greatest spiritual masters. This book presents carefully chosen excerpts of his main writings on the destiny of man, integral yoga, the Bhagavad Gita, and the spiritual age. This book is an excellent introduction to Sri Aurobindo and the woman who carried on his spiritual work known as the Mother.

The Heart of Awareness

A Translation of the Ashtavakra Gita

By Thomas Byrom

\$10.95. paper. ISBN 0877735743.

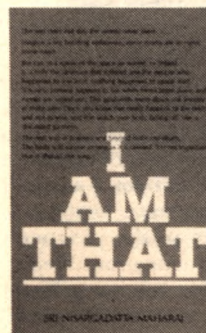
The Ashtavakra Gita conveys with beauty and simplicity the essential teachings of Advaita Vedanta, the most influential of the Hindu philosophical systems. Composed by an anonymous master of the school of the great sage Shankara, it is a book of practical advice for seekers of wisdom as well as an ecstatic expression of the experience of enlightenment.

I Am That

Talks With Sri Nisargadatta Maharaj

By Sri Nisargadatta Maharaj

\$16.95. paper. ISBN 0893860220.



Although Sri Nisargadatta Maharaj represented a traditional Hindu sect, he lived and taught in a very simple and humble manner. *I Am That* consists of very open and spontaneous conversations between Nisargadatta Maharaj and his students as he challenges them to experience the "real you" that is timeless and beyond birth and death.

Kali

The Feminine Force

By Ajit Mookerjee

\$12.95. paper. ISBN 0892812125.



According to the Hindu tradition, we are living in the Kali Age: the time of a resurgence of the divine feminine spirit. It is said that Kali sprang forth from the brow of the Great Goddess Durga during a battle to annihilate demonic male power. Although she is often presented (in her warrior aspect) as cruel and horrific, Kali is creator and nurturer—the essence of Mother-love and feminine energy (sakti).

Using the powerful imagery of paintings, sculptures, and writings, this celebration of Kali explores and illumines the rich meanings of feminine divinity.

Myths and Symbols in Indian Art and Civilization

By Heinrich Zimmer,

edited by Joseph Campbell

\$10.95. paper. ISBN 0691017786.

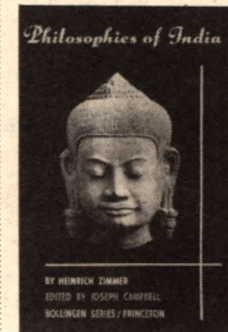
This book interprets for the Western mind the key motifs of India's legend, myth, and folklore, taken directly from the Sanskrit, and illustrated with seventy plates of Indian art. It is primarily an introduction to image-thinking and picture-reading in Indian art and thought, and it seeks to make the profound Hindu and Buddhist intuitions of the riddles of life and death recognizable not merely as Oriental but as universal elements.

Philosophies of India

By Heinrich Zimmer,

edited by Joseph Campbell

\$18.95. paper. ISBN 0691017581.



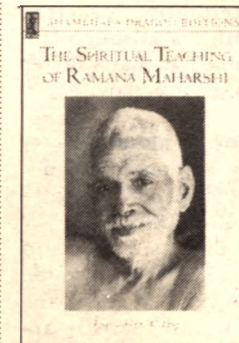
A monumental work, this book is divided into three main sections: The Highest Good, a discussion of Eastern and Western thought and their meeting, and of the foundations of Indian philosophy; The Philosophies of Time, being the philosophies of success, of pleasure,

and of duty; finally, and this forms the major portion of the work, The Philosophies of Eternity: Jainism, Sankhya and Yoga, Brahmanism, Buddhism, Tantra.

Spiritual Teaching of Ramana Maharshi

By Ramana Maharshi

\$12.00. paper. ISBN 0877730245.



Ramana Maharshi is considered to be one of the great spiritual teachers of modern India. He attained realization at the age of 17 (without a teacher) and, after several years of silence and seclusion, began teaching self-inquiry ("who am I?") as the most certain path to self-realization. Here he addresses many fundamental topics of spiritual practice and engages his disciples in teaching dialogues.

A Survey of Hinduism

By Klaus K. Klostermaier
\$19.95. paper. ISBN 088706809X.

This book provides a comprehensive survey of the Hindu tradition, dealing with the history of Hinduism, the sacred writings of the Hindus, the Hindu worldview, and the specifics of the major branches of Hinduism—Vaisnavism, Saivism, and Saktism. It also focuses on the geographical ties of Hinduism with the land of India, the social order created by Hinduism, and the various systems of Hindu philosophio-theological thought.

Vedanta for the Western World

Edited by Christopher Isherwood
\$10.95. paper. ISBN 0874810000.

Vedanta is a philosophy taught by the Vedas, the most ancient scriptures of India. Its basic teaching is that our real nature is divine, God, the underlying reality, exists in every being. Religion is therefore regarded as a search for God within ourselves. This authoritative anthology contains essays by Gerald Heard, Aldous Huxley, Christopher Isherwood, Swami Prabhavananda, Swami Vivekananda, and many others.

The Yogas and Other Works

By Swami Vivekananda
\$24.95. cloth. ISBN 0911206043.

Swami Vivekananda, considered to be highly accomplished as both philosopher and yogi, was instrumental in the introduction of Indian religion to the West. This book contains a generous selection (over 700 pages) of his talks on Hindu teachings, especially the four paths of yoga: Jnana (discrimination), Karma (work), Bhakti (devotion), and Raja (meditation).

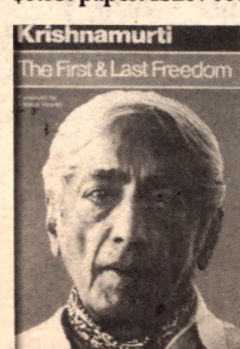
Vivekananda stressed the Vedanta teaching that all life is one and "Thou art That," while emphasizing that one could practice religion while still living "in the world" by maintaining calmness within activity.

Krishnamurti

Jiddu Krishnamurti was a spiritual teacher who rejected all forms of belief or religious authority. Deeply concerned with the suffering and confusion of our world, he insisted that social change could not take place without transformation of the individual, and that the key to this transformation is total awareness in the present moment rather than efforts to change, improve one's self or escape from one's problems. Out of this selfless awareness, he taught, would come love, creativity and appreciation of beauty.

The First and Last Freedom

By Jiddu Krishnamurti
\$9.95. paper. ISBN 0060648317.



This book contains both Krishnamurti's fundamental teachings and their application to many aspects of life: fear, desire, simplicity, "time and transformation," can thinking solve our problems," etc., along with his probing responses to questions about relationships, discipline, sex, love, prayer and meditation, and other topics.

Krishnamurti's Journal

By Jiddu Krishnamurti
\$9.95. paper. ISBN 0060648414.

Here one reads the author's reflections as he observes the beauty of the natural world and the lives of the people he encounters.



Think on These Things

By Jiddu Krishnamurti
\$8.95. paper. ISBN 0060916095.

This collection addresses Krishnamurti's concern with education. It consists of talks and dialogues with students, parents and teachers. Of particular interest are Krishnamurti's answers to the questions of young students.

Eastern Traditions

The Adi Granth

Or the Holy Scriptures of the Sikhs
Translated by Dr. Ernest Truemp
\$46.50. cloth. ISBN 9990008698.

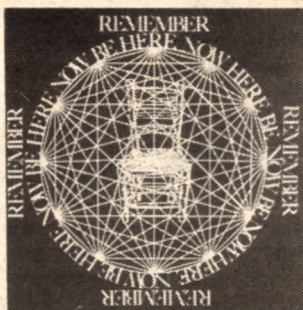
The *Adi Granth* is the most sacred book of the Sikhs. Literally meaning the "First Book," it is also reverentially called the *Granth Sahib* and is regarded as the authoritative scriptural work.

This great religious work sets forth the ideal of the union of the human Soul with its Maker. This can be attained by following—scrupulously—the highest ethical standards and abjuring egoism without, however, renouncing worldly activities.

Also included here are a short preface and essays on the life of Baba Nanak, the background of the Sikh religion, and a sketch of the lives of the Sikh gurus.

Be Here Now

By Ram Dass
\$12.12. paper. ISBN 0517543052.



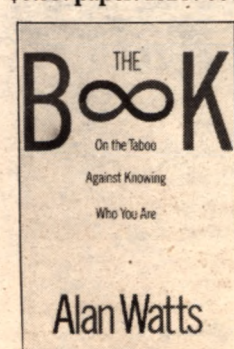
This classic book is divided into three sections. The first section provides the famous story of Richard Alpert's transformation into Ram Dass. In the second

section, or the core book, Ram Dass passes on the timeless wisdom he learns on his spiritual journey. The last section consists of short essays and instructions for practice, followed by a reading list.

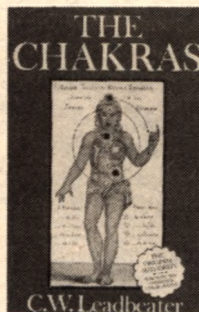
Twenty years after its first publication, this book remains an engaging document of spiritual transformation and guidance.

The Book

On the Taboo Against Knowing Who You Are
By Alan Watts
\$6.95. paper. ISBN 0679723005.



The *Book* delves into the cause and cure of the illusion that the self is a separate ego, housed in a bag of skin, which "confronts" a universe of physical objects that are alien and stupid. With his customary lucidity and wit, Watts finds the answer to this problem of the nature of self by restating the ancient Hindu philosophy of Vedanta and its psychologically subversive way of realizing that the self is in fact the root and ground of the universe.



The Chakras

By Charles Leadbeater
\$10.95. paper. ISBN 0835604225.

Cclairvoyant Charles W. Leadbeater describes the spiritual and psychic force centers of the human body in this classic which is illustrated with ten new color paintings.

Gandhi—An Autobiography

The Story of My Experiments With Truth
By Mohandas K. Gandhi
\$11.95. paper. ISBN 0807059811.

In his own words, the renowned Indian leader Mohandas K. Gandhi, whose nonviolent practices have been an inspiration for millions, recounts the story of his first fifty years and how, almost against his will, he led the Indian people in their struggle for independence from the British.

In Search of the Miraculous

By P.D. Ouspensky
6.95. paper. ISBN 0156445085.

This is the record of Ouspensky's meetings with his teacher, G.I. Gurdjieff, and his exposition of the system of knowledge taught by Gurdjieff. Ouspensky believed that "beyond the thin film of false reality there existed another reality from which, for some reason, something separated us. The 'miraculous' was a penetration into this unknown reality." This book is the story of his quest for a teaching which would solve for him the problems of Man and the Universe.

Kundalini, Evolution and Enlightenment

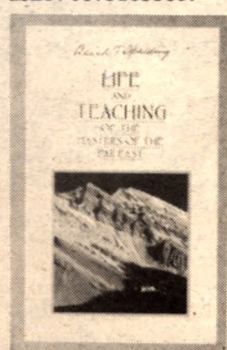
Edited by John White
\$12.95. paper. ISBN 1557783039.



Through kundalini yoga our vital life force is channeled up through the spine and concentrated in the brain, resulting in personal transformation and enlightenment. This anthology includes insightful writings on every aspect of this phenomenon, including: traditional views of kundalini, personal accounts of the kundalini experience, scientific explorations in kundalini research, and advice for seekers.

Life & Teaching of the Masters of the Far East

Volumes 1-5, Boxed Set
By Baird T. Spalding
\$28.95. paper/boxed. ISBN 0875165389.



Spalding's monumental classic has bequeathed the wisdom and knowledge of immortal masters who work to assist and guide the receptive heart in every age. Since 1924, when these writings first appeared, they have influenced and inspired generations of seekers.

Also available as single volumes at \$6.50 ea.
V. 1 ISBN 0875163637;
V. 2 ISBN 0875163645;
V. 3 ISBN 0875163653;
V. 4 ISBN 0875163661;
V. 5 ISBN 087516367X.

Meetings With Remarkable Men

By G.I. Gurdjieff
\$7.95. paper. ISBN 0525484981.

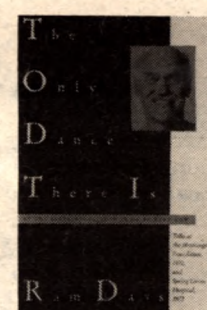
The mystic G.I. Gurdjieff's life was a constant search from childhood on. This book consists of a series of stories, each bearing as title the name of one of the men who Gurdjieff knew. Although they have no particular claim to fame, he calls them "remarkable" because they shared his burning desire to gain understanding of the ultimate questions and were not dismayed by the obstacles in the course of this quest.

For those interested in Gurdjieff's work, this book is perhaps the best place to begin.

The Only Dance There Is

Talks at the Menninger Foundation, 1970, and Spring Grove Hospital, 1972.
By Ram Dass

\$8.95. paper. ISBN 0385084137.



This book is based on talks given by Ram Dass in the early 1970s. The text grew out of the interaction between Ram Dass and the spiritual seekers in attendance. The result of this unique exchange is a useful guide for understanding the nature of consciousness—useful to those interested in spiritual matters as well as those formally trained in psychology. It is also a celebration of the "dance of life," which is in the words of Ram Dass, "the only dance there is."

A Search in Secret India

By Paul Brunton
\$10.95. paper. ISBN 0877286027.



This is the classic story of Paul Brunton's spiritual odyssey, his journey up and down India to seek out and interview holy people. We meet such figures as Meher Baba—the silent Messiah; Shri Shankara—the spiritual Head of South India; the Master Mahasaya; Sahabji Maharaj; Hazrat Babajan—a woman fakir; Vishudhananda—the Magician, and many others. Also included is the fascinating account of how Brunton met his own guru, Shri Ramana Maharshi, the sage of Arunachala.

The Wisdom of Insecurity

A Message for an Age of Anxiety
By Alan W. Watts
\$6.95. paper. ISBN 0394704681.

How is man to live in a world in which he can never be secure, deprived, as many are, of the consolations of religious belief? Alan Watts shows that this problem contains its own solution—that the highest happiness, the supreme spiritual insight and certitude, are found only in an awareness of our impermanence and insecurity going far beyond what we usually care to admit. By a strange paradox, this abandonment of all certainty and safety in the future opens the mind and heart to the experience of that indescribable truth which is the source of the great spiritual teachings.

This is true knowledge: to seek the Self as the true end of wisdom always. To seek anything else is ignorance.

—Bhagavad Gita

Buddhism



Buddhism
A Way of Life and Thought
By Nancy Wilson Ross
\$12.00. paper. ISBN 0394747542.

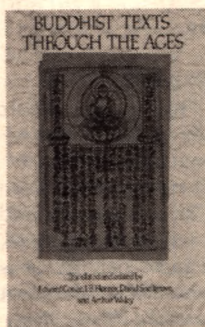
This thorough and very readable introduction presents the life story and basic teachings of the Buddha. The author then explores Theravadin (Southeast Asian), Tibetan and Zen Buddhism with an appreciation for the living spirit of each tradition.



Buddhist Scriptures
Edited by Edward Conze
\$5.95. paper. ISBN 0140440887.

This is an anthology of Buddhist texts covering the life story of the Buddha and the most important Buddhist teachings, compiled from Pali, Sanskrit, Tibetan, Chinese and Japanese sources by a leading Buddhist scholar.

Buddhist Texts Through the Ages
Translated and edited by Edward Conze, I.B. Horner, David Snellgrove, and Arthur Waley
\$14.95. paper. ISBN 0877735344.



Covering the entire development of Buddhism through the ages, this collection of excerpts from all the important Buddhist scriptures is designed to serve scholars and students, as well as Buddhists and those who want to explore for themselves the original sources of one of the world's

great religions. Free of forbidding technical terms, these translations from the original Pali, Sanskrit, Chinese, Tibetan and Japanese are presented in plain English by four leading experts on the language and literature of Buddhism. A glossary of English and foreign terms is also provided.

The Buddhist Tradition
In India, China and Japan
Edited by William Theodore de Bary
\$10.95. paper. ISBN 0394716965.

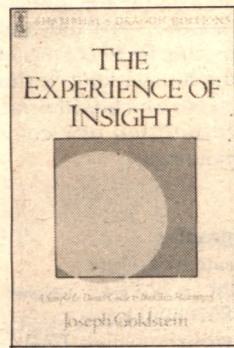
This book, compiled from basic Buddhist writings, presents a survey of Buddhist thought in India, China, and Japan, covering the central doctrines and practices of a religion that has profoundly influenced human life. Developments in practical ethics, social attitudes, philosophical speculation, and religious and aesthetic contemplation are all represented by selected excerpts from basic writings with succinct introductions and commentary.

The Dhammapada
Translated by Juan Mascaro
\$3.95. paper. ISBN 0140442847.

This collection of brief verses lays out the Buddhist path to peace and liberation. As the translator notes in his introduction, this gospel of light and love is amongst the greatest spiritual works of man.

The Experience of Insight
A Simple and Direct Guide to Buddhist Meditation

By Joseph Goldstein
\$14.00. paper. ISBN 0877732264.

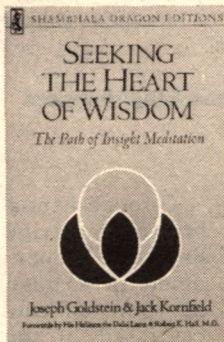


After many years of study and practice in India, Joseph Goldstein began teaching Insight meditation in the United States. In this collection of talks he leads students through a month-long meditation retreat, explaining both meditation techniques and the Buddhist understanding of life. He also responds to questions from his students while offering advice, encouragement and teachings from many traditions.

The Historical Buddha
The Times, Life and Teachings of the Founder of Buddhism
By H. W. Schumann
\$9.95. paper. ISBN 0140192034.

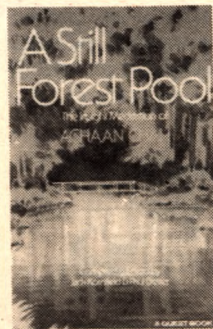
A thorough and detailed study of the life of the Buddha, his major teachings and the political, social and religious conditions of 6th century B.C. India.

Seeking the Heart of Wisdom
The Path of Insight Meditation
By Joseph Goldstein and Jack Kornfield
\$13.00. paper. ISBN 0877733279.

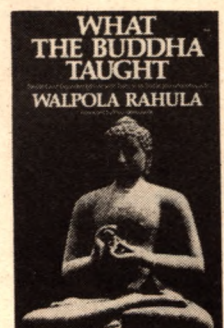


These talks by Goldstein and fellow teacher Jack Kornfield explain the practice of Insight meditation in depth. Topics include: Why Meditate?, Deepening Levels of Practice, The Life of the Buddha, The Freedom of Restraint, Understanding Karma and The Path of Service.

A Still Forest Pool
The Insight Meditation of Achaan Chan
Edited by Jack Kornfield and Paul Breiter
\$9.95. paper. ISBN 0835605973.



These talks contain simple, straightforward and helpful advice for meditation students, emphasizing that the end to one's attachment and suffering can be found through mindful observation of one's own mind and body. Achaan Chan is a widely respected meditation teacher who founded monasteries and practice centers in both his native Thailand and the West.



What the Buddha Taught
By Walpola Rahula
\$8.95. paper. ISBN 0802130313.

A clear and reliable introduction to the fundamental teachings of Buddhism, the Buddhist attitude of mind, and Buddhism's place in the world today. Includes a good selection of texts from the earliest records of the Buddha's teachings.

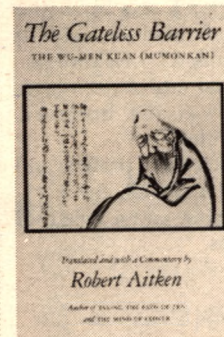
Zen Buddhism

Everyday Zen
Love and Work
By Charlotte Joko Beck
\$9.95. paper. ISBN 0060607343.



Charlotte Joko Beck is an American woman who was well into her forties before beginning her decades of Zen practice. In these no-nonsense talks to her Zen students she clarifies meditation practice as it relates to the practical issues of daily life: work, relationships, emotions, expectations, etc. Her insights are both subtle and down-to-earth, discussing (for instance) a quarrel at the breakfast table in light of Buddhist teachings about time and emptiness.

The Gateless Barrier
The Wu-Men Kuan (Mumonkan)
By Robert Aitken
\$14.95. paper. ISBN 0865474427.



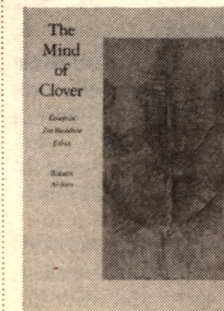
Mumon, a 13th century Zen Master, collected the forty-eight koans of this classic Zen text, adding his brief poems and comments, as a means to guide Zen students to the direct experience of enlightenment. Aitken Roshi explores each koan in depth, offering parallels from the Zen tradition and his own experience, along with many challenges for the reader.

An Introduction to Zen Buddhism
By D.T. Suzuki
\$4.95. paper. ISBN 0802130550.

D.T. Suzuki was highly qualified both as practitioner and scholar to introduce Zen Buddhism to the West. In this small book he explains the unique aspects of Zen while pointing to the meaning of Zen's apparent irrationality. Included are numerous sayings of the great Zen masters, chapters on the Zen koan and satori (enlightenment) and warnings against common misunderstandings of Zen.

The Mind of Clover
Essays in Zen Buddhist Ethics
By Robert Aitken
\$11.50. paper. ISBN 0865471584.

A contemporary Zen Master discusses Buddhist precepts and contemporary social issues.

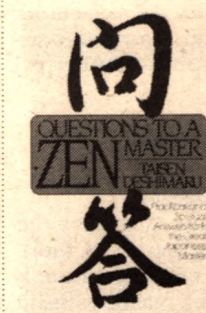


The Miracle of Mindfulness
A Manual on Meditation
By Thich Nhat Hanh
\$8.95. paper. ISBN 0807012017.

This is a very useful and readable guide to developing awareness and peace of mind both in meditation and in daily life. The author, a Vietnamese Zen Master, includes many practical meditation techniques along

with stories and anecdotes from his own experiences. He explains the insights which resolve human suffering as one realizes that the miracle is to walk on earth, and includes selections from relevant Buddhist texts.

Questions to a Zen Master
By Taisen Deshimaru
\$8.95. paper. ISBN 0525481419.



Taisen Deshimaru Roshi taught for fifteen years in Europe and North America with the intention both of bringing authentic Zen to the West and of finding fresh soil in which Zen could grow. This book is a collection of spontaneous, often surprising dialogues with his students on topics such as Zen meditation practice, the ego, karma, and modern civilization.

Taking the Path of Zen
By Robert Aitken
Foreword by Gary Snyder
\$9.95. paper. ISBN 0865470804.

This is a thorough, succinct and reliable introductory manual for Zen meditation and practice by a widely respected American Zen master, written after many years of study and practice. It includes detailed, practical meditation instructions.

Zen and Japanese Culture
By D.T. Suzuki
\$14.95. paper. ISBN 0691017700.

The eminent Zen scholar relates how the Zen spirit has found expression in swordsmanship, tea ceremony, haiku poetry and the Japanese love of nature. This very readable, in-depth study includes many anecdotes and original writings and over 60 illustrations. Offering many insights into the Japanese mind, it is perhaps the definitive work on Zen and the art of...

Zen Flesh, Zen Bones
By Paul Reps
\$16.95. cloth. ISBN 0804806446.
\$7.95. paper. ISBN 0385081308.



This is a valuable sourcebook that conveys the flavor of Zen. It consists of 101 stories of the actions of Zen teachers and monks over the centuries, the Gateless Gate, a classic koan collection, and woodblock prints of the Ten Bulls (also known as the Oxherding pictures) which depict the stages of enlightenment. The final chapter, Centering, has 112 brief meditations from an ancient Sanskrit text with a Zen-like spirit.

Zen in the Art of Archery
By Eugen Herrigel
\$6.95. paper. ISBN 0679722971.

When the author expressed an interest in practicing Zen in Japan, he was advised to do so through the discipline of archery. He narrates the many difficulties of his six year apprenticeship and the often wordless methods used to teach an art based in proper breathing and concentration, a sense of ceremony, and letting go of the self.

If you live outside L.A. County,
you can call us toll-free at
1-800-825-9798

The Zen Koan

Its History and Use in Rinzai Zen
By Isshu Miura and Ruth Fuller Sasaki
\$7.95. paper. ISBN 0156999811.

The koan, (such as hear the sound of a single hand) is the unique method of Zen Buddhism. In this book, Zen Master Isshu Miura presents the history of the koan and explains the levels of practice through which a student progresses. Also included are poetic phrases studied in connection with koans and ten Zen ink paintings by the famous master Hakuin.

Zen Mind, Beginners Mind

Informal talks on Zen meditation and practice
By Shunryu Suzuki
\$14.95. cloth. ISBN 0834800527.
\$6.50. paper. ISBN 0834800799.



Roshi, founder of the San Francisco Zen Center, gave these talks to a group of American Zen students. He taught that in approaching Zen meditation (and life) with naturalness and sincerity—beginners mind—one might discover that enlightenment is already present, rather than being a goal to strive after. This is a book to read slowly and reread; within its apparent simplicity there are many subtle insights into Zen mind and Zen living.

Shunryu Suzuki

The Zen Teaching of Huang Po
On the Transmission of Mind

Translated by John Blofeld
\$10.95. paper.
ISBN 0802150926.

These are the clear, lively and forceful talks and dialogues of a great 9th century Zen Master, stressing that enlightenment is realized by abandoning ones conceptions and realizing the nature of Mind.



ment is realized by abandoning ones conceptions and realizing the nature of Mind.

Tibetan Buddhism

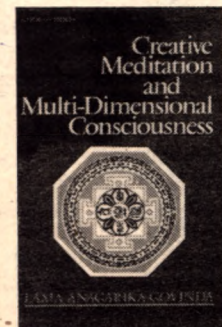
Buddhism in the Tibetan Tradition

By Geshe Kelsang Gyatso
\$10.95. paper. ISBN 0140190805.

This concise, thorough and readily understandable introduction to Tibetan Buddhism includes chapters on The Good Heart, impermanence, reincarnation, karma, What is Mind?, compassion and higher level (vajrayana) visualization practices.

Creative Meditation and Multi-Dimensional Consciousness

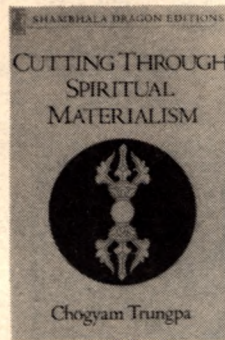
By Lama Anagarika Govinda
\$12.95. paper. ISBN 0835604721.



German born Lama Govinda devoted his life to the study and practice of meditation and was trained as a Tibetan lama. This insightful and broadminded work explains in depth the use of meditation, mantras and mandalas in Tibetan Buddhism while drawing parallels with Zen, Theravada Buddhism, and artistic creation. Written as a bridge between East and West, the book concludes with reflections on Individuality and Universality, Religion and Sci-

ence, The Mystery of Time, and other topics.

Cutting Through Spiritual Materialism
by Chogyam Trungpa
\$13.00. paper. ISBN 0877730504.



This explanation of the Buddhist understanding of mind and meditation is useful to anyone practicing a spiritual path. Trungpa Rinpoche warns against spiritual practice based on ego-centered confusion and expectation and explains how the genuinely awakened mind is uncovered through the discipline of meditative openness and awareness. The author also introduces Buddhist Tantra as the path of working with one's emotional energies.

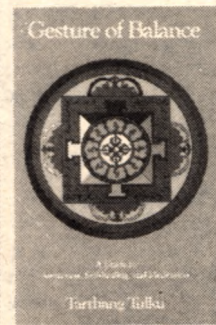
The Gem Ornament of Manifold Oral Instructions

Which Benefits Each and Everyone Appropriately
By His Eminence Kalu Rinpoche
\$12.95. paper. ISBN 0937938599.



Having spent many years in solitary retreat, the late Kalu Rinpoche was considered one of the great Tibetan Buddhist meditation masters of this century. The Gem Ornament is a straightforward and systematic guide to the Tibetan Buddhist path as taught in the Kagyu tradition. It includes detailed instructions for a number of meditations.

Gesture of Balance
A Guide to Awareness, Self Healing and Meditation
By Tarthang Tulku
\$10.95. paper. ISBN 091354616X.



Tarthang Tulku challenges his readers to face the patterns of their lives and discover the way to happiness, balance and opening of the heart through meditation. Emphasizing relaxation and awareness, the author explores the nature of mind, the relationship of mind and body, the practice of visualization and the student-teacher relationship.

How to Meditate
A Practical Guide
By Kathleen McDonald
\$10.95. paper. ISBN 0861710096.

Written by an American woman with extensive training as a Tibetan Buddhist nun, *How to Meditate* consists of both general advice regarding meditation and simple, specific instructions for many Tibetan Buddhist practices. These include breathing meditations, devotional and analytical meditations, visualizations, and techniques for developing compassion and dealing with negativity.

*Dog, Buddha Nature.
Don't say he doesn't have it.
Don't say Mu!
A stiff spring wind has risen,
rattling the gourds on the east wall.*

—Wu-men

Introduction to Tantra

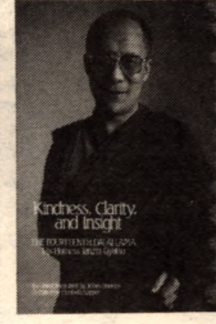
A Vision of Totality
By Lama Yeshe
\$12.95. paper. ISBN 0861710215.



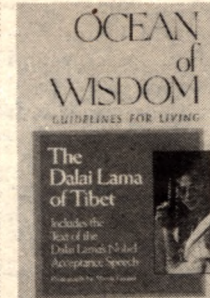
The late Lama Thubten Yeshe, who felt that the path of Tantric practice was very suitable for modern Westerners, introduces the Tantric path in down-to-earth language. Tantra uses all of our energies (especially desire) on the path to enlightenment, along with visualizations of figures representing the minds enlightened potential. Lama Yeshe explains the process of dying as it relates to Tantra, and frequently encourages the reader to challenge negative, limiting beliefs, experience fulfillment, and be of benefit to others.

Kindness, Clarity and Insight

By the Dalai Lama
\$12.95. paper. ISBN 0937938181.



This is a compilation of twenty talks given by His Holiness the Dalai Lama in North America around the year 1980. A rich sourcebook on Tibetan Buddhism, it includes general talks on love and compassion and explores many topics of Tibetan Buddhist teaching and meditation practice.



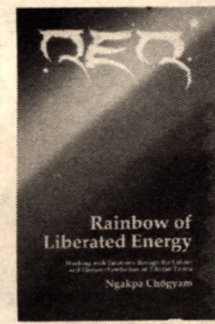
This anthology of sayings and talks by His Holiness the Dalai Lama is an excellent introduction to both Tibetan Buddhist teaching and practice and the Dalai Lama's special emphasis on human kindness. The Dalai Lama discusses the shared ideals of the world's religions, Buddhist concepts such as karma and emptiness, and methods for developing compassion. Included are color photographs and the text of the Dalai Lama's Nobel Prize acceptance speech.

Openness Mind
By Tarthang Tulku
\$10.95. paper.
ISBN 0913546569.

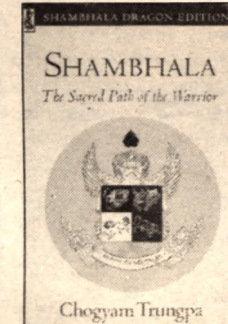
In this sequel to *Gesture of Balance*, Tarthang Tulku continues to explore meditation and the nature of the mind. Chapters include: The Self-image, Reality and Illusion, Moving Tapestry of Dreams, and Dimensions of Meditation.

Rainbow of Liberated Energy
Working with Emotions through the Color and Element Symbolism of Tibetan Tantra
By Ngakpa Chogyam
\$15.95. paper. ISBN 0906540925.

The symbolism of Tantra (based on the elements Earth, Water, Fire, Air and Space) portrays various styles of relating to emotion-

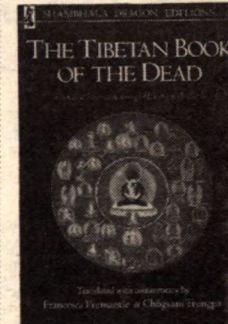


Shambhala
The Sacred Path of the Warrior
By Chogyam Trungpa
\$13.00. quality-paper. ISBN 0877732647.
\$4.99. paper. ISBN 055327869X.



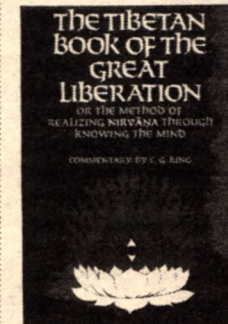
Shambhala is a guide to uncovering the sacredness and magic of life by transcending patterns of fear and avoidance. While emphasizing meditation practice and drawing on the Buddhist tradition, these non-sectarian teachings are based on universal human goodness and the goal of a more enlightened world.

The Tibetan Book of the Dead
The Great Liberation through Hearing in the Bardo
Tr. with commentary by Francesca Fremantle & Chogyam Trungpa
\$9.95. paper. ISBN 0877730741.



According to Tibetan Buddhism, the time of death provides both the opportunity for enlightenment and the danger of falling into unfortunate states of existence. This ancient text is a guide through the various experiences which occur in the mind. Chogyam Trungpa's commentary explains the symbolism of the text and its direct relevance to meditation practice and the psychology of everyday life.

The Tibetan Book of the Great Liberation
Or The Method of Realizing Nirvana Through Knowing the Mind
Edited by W.Y. Evans-Wentz
with commentary by C.G. Jung
\$11.95. paper. ISBN 0195002938.



Unknown to the West until 1954, *The Tibetan Book of the Great Liberation* expounds the quintessence of the Supreme Path, the Mahayana, and reveals the yogic method of attaining Enlightenment by means of knowing the One Mind, the cosmic All-Consciousness. This particular work is attributed to Padma-Sambhava who, by invitation of a Tibetan king, journeyed to Tibet in the eighth century—an account of this great guru's life is included in the text.

I Ching

The I Ching or Book of Changes
The Richard Wilhelm Translation
rendered into English by Cary Baynes,
with a foreword by C.G. Jung
\$18.50. cloth. ISBN 069109750X.



This has been a key text in the development of Confucianism, Taoism and much of Chinese culture. It may be approached both as an oracle (using stalks or coins) and as a book of wisdom.

The translator, who lived for many years in China, studied Chinese philosophy and worked on this translation with eminent Chinese scholars. He has included ancient commentaries on the underlying principles and deeper implications of the book, along with instructions for both oracle methods. Modern readers are sometimes struck by how accurately the I Ching describes their contemporary situation.

The I Ching Workbook
By R.L. Wing
\$16.95. comb-spiral-bound.
ISBN 038512038X.

This book was written to make the Book of Changes more accessible to the modern Western reader. While preserving the original Chinese concepts, the translator uses contemporary terminology in place of the ancient symbolism that some may find obscure. He also explains the book's philosophical background and emphasizes its practical use in daily life.

Tao Te Ching

Tao Te Ching
By Lao Tsu, translated by
Gia-Fu Feng & Jane English
\$7.00. paper. ISBN 0679724346.



The 81 short chapters known as the Tao Te Ching (lit. The Book of the Way and Its Power), traditionally believed to have been written by Lao Tsu in the 6th Century B.C., are the base on which philosophical Taoism stands.

This is one of the most reliably authoritative English translations of this ancient Chinese classic on the art of living. This new edition includes an introduction and notes by the well-known writer and scholar of philosophy and comparative religion, Jacob Needleman.



Tao Te Ching
A New English Version
By Stephen Mitchell
\$15.95. cloth.
ISBN 0060160012.
\$7.95. paper.
ISBN 0060916087.

A poetic and powerful modern translation of the Tao Te Ching by the eminent translator Stephen Mitchell. The Tao Te Ching looks at the basic predicament of being alive and gives advice that imparts balance and perspective in a serene and generous spirit. It's a book about wisdom in action and teaches how to work for the good with the effortless skill that comes from being in accord with the Tao.

Taoism

Chuang Tzu
Basic Writings
Translated by Burton Watson
\$12.00. paper. ISBN 0231086067.

Using parable and anecdote, allegory and paradox, Chuang Tzu (369?-286? B.C.) set forth the early ideas of what was to become the Taoist school. Central in these is the belief that only by understanding Tao and dwelling in its unity can man achieve true happiness and be truly free. This translation includes the seven "inner chapters," which form the heart of the book, three of the "outer chapters," and one of the "miscellaneous chapters."



The Tao of Pooh
By Benjamin Hoff
\$12.95. cloth.
ISBN 0525244581.
\$7.95. paper.
ISBN 0140067477.

Winnie-the-Pooh has a certain Way about him, a way of doing things that has made him the world's most beloved bear. In this very popular

book Benjamin Hoff shows that Pooh's Way is amazingly consistent with the principles of living envisioned long ago by the Chinese founders of Taoism. The author's explanation of Taoism through Pooh, and Pooh through Taoism, shows that this is not simply an ancient and remote philosophy but something you can use, here and now.



Vitality, Energy, Spirit
A Taoist Sourcebook
Translated & edited by Thomas Cleary
\$19.00. paper.
ISBN 0877735190.

The "three treasures" of human life—vitality, energy, and spirit—are envisioned in Taoist thought as the source of creativity, capability, and intelligence. This comprehensive anthology traces the teachings on these three treasures through the long history of Taoism, highlighting the quintessential works on their practical application for mental and physical well-being.

The Wandering Taoist
By Deng Ming-Dao
\$9.95. paper. ISBN 0062502263.

Rich in color and details of China in the 1930s, this true story of the making of a Taoist master reveals the traditional secrets of Taoist training. Kwan Saihung, born into a wealthy family in a remote province, defied parental disapproval to begin training at age nine in Taoist disciplines of internal alchemy, herbology, meditation, martial arts, medicine, music, poetry, and the sacred Tao Te Ching. This book details his rigorous regimen, as well as his decision to leave his studies to fight the Japanese and his return to dwell two years in an underground labyrinth to learn Taoism's innermost mysteries.

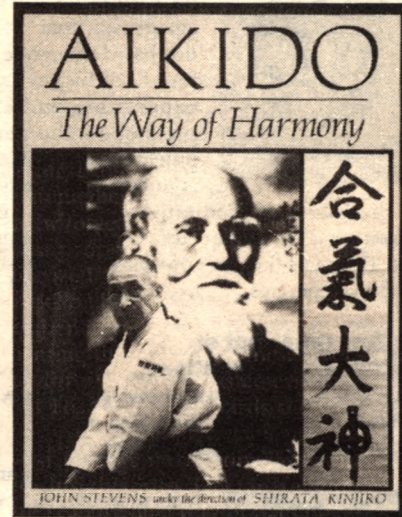
Martial Arts

Aikido
The Way of Harmony
By John Stevens
\$20.00. paper. ISBN 0394714261.

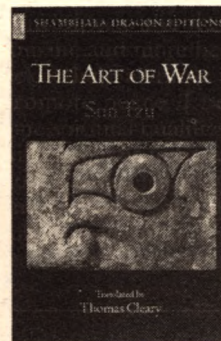
This definitive, profusely illustrated manual covers the essential elements of the philosophy and practice of Aikido, the Japanese

martial art that has been embraced by modern psychology and many Western bodywork therapies.

The book details the traditional methods and techniques of Shirata Rinjiro, of whom John Stevens is a student. Shirata Sensei's teachings exemplify the way of the warrior: superior technical prowess combined with profound spiritual insights. A useful book for the beginner and experienced practitioner alike.



The Art of War
By Sun Tzu, translated by Thomas Cleary
\$11.00. paper. ISBN 0877734526.
\$6.00. pocket edition. ISBN 0877735379.



Compiled more than two thousand years ago by a mysterious warrior-philosopher, this is perhaps the most prestigious and influential book of strategy in the world today.

As a study of the anatomy of organizations in conflict, *The Art of War* applies to competition and conflict in general, on every level from the interpersonal to the international. Its aim is invincibility, victory without battle, and unassailable strength through understanding of the physics, politics, and psychology of conflict.

Embrace Tiger, Return to Mountain
The Essence of Tai Ji
By Al Huang
\$12.95. paper. ISBN 0890875049.

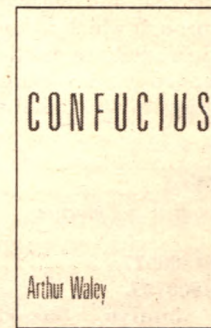


Tai ji is a Chinese exercise and meditation practice that uses gentle, flowing movements designed to facilitate the flow of ji energy, which is the natural vital energy of the cosmos. Tai ji master Al Huang's teachings

exemplify the subtle essence of Taoism in this now classic work of perennial wisdom.

Chinese Philosophy

The Analects of Confucius
Translated & annotated by Arthur Waley
\$8.95. paper. ISBN 0679722963.



The main teachings by Confucius (551-479 B.C.), whose humane and moral concepts formed the basis of the Confucianist ideal. Arthur Waley's full introduction gives the social and political background of this work, analyses of key terms, and a careful study of the history

of the book and its interpretations.

The Feng Shui Handbook
A Practical Guide to Chinese Geomancy and Environmental Harmony
By Derek Walters
\$14.00. paper. ISBN 085030959X.

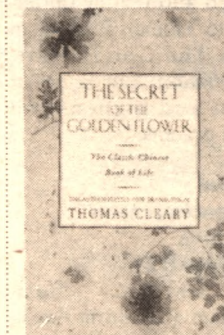


Feng Shui is the ancient mystical art of Chinese geomancy, now attracting growing interest in the West. At its heart is a deep sensitivity to the natural order that makes it especially relevant to our environmentally-conscious times.

While astrology seeks to find what Fate holds in store from signs in the skies above us, Feng Shui takes its omens from the earth below, in particular the relationships between buildings and their surroundings. This book provides an invaluable introduction to this intricate and highly technical subject, a complete course in understanding and using geomancy to improve the quality of life.

Other topics covered here are: why certain buildings encourage creativity and enterprise, why specific interior features should be avoided, how to assess the geomantic characteristics of commercial premises, and how to carry out a Feng Shui survey of your home.

The Secret of the Golden Flower
The Classic Chinese Book of Life
Translated by Thomas Cleary
\$16.95. cloth. ISBN 0062501844



In this new translation, Thomas Cleary reveals that this important work of Eastern spirituality is a classic meditation manual dedicated to attaining enlightenment. In spare verses rich with mystery and profound wisdom, the text distills the best of two traditions, blending the bold insight and power of Chan (early Zen) Buddhism with the natural mysticism of Taoism. Drawing on the teachings and texts of ancient masters, it allows contemporary readers access to age-old methods of attaining true self-knowledge and aligning with the energies of existence.

Imbued with a deep practical wisdom relevant to every aspect of life—personal, professional, and religious—the lessons of this book are an inexhaustible resource for achieving serenity, balance, and self-mastery.

If you live outside L.A. County,
you can call us toll-free at
1-800-825-9798

Judaism

Approaches to Auschwitz

The Holocaust & Its Legacy

By Richard L. Rubenstein & John K. Roth
\$15.95. paper. ISBN 0804207771.

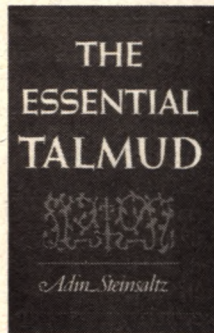
The Nazi attempt to exterminate the Jews of Europe in the 1940s is an event that left an atrocious scar that will never disappear. Five decades later, the human concerns of this catastrophe remain intense.

For the first time a Christian and a Jew have collaborated to explore the historical process that produced the Holocaust. They also develop an analysis of the historical roots of the Holocaust, its rudimentary character in human civilization, and its unparalleled importance in determining what the fate of the world shall be. This is a comprehensive, powerful and monumental work.

The Essential Talmud

By Adin Steinsaltz
\$10.95. paper.
ISBN 0465020631.

This is a general introduction to the beliefs, attitudes, and methods of the sacred text by which the Jewish people have lived and survived. It's written by the renowned Israeli rabbi, scholar, and teacher Adin Steinsaltz.



Essential Writings of Abraham Isaac Kook

Edited & translated by Ben Zion Bokser
\$13.95. paper. ISBN 0916349152.

Here are the central writings of the man many consider to be the foremost Jewish spiritual father of the 20th century. Rabbi Kook was Chief Rabbi of Palestine until his death just prior to the Second World War. Kook was a mystic, visionary, scholar and leader of his people whose perspective reflects the ancient classical spirituality of Judaism. This is an excellent book for anyone who wishes to discover these traditional roots as lived by a very modern man.

God at the Center

Meditations of Jewish Spirituality

By David R. Blumenthal
\$20.95. cloth. ISBN 0062548395.

In this thoughtful and innovative book, David Blumenthal sets forth a series of meditations, or teachings, on Jewish spirituality. They center around such motifs as the love of God, the fear of God, knowledge of God, saintliness, sex, parenting, theology, mystical experience, miracles, chosenness,

the Holocaust, the State of Israel, and blessing. Their common core is a way of seeing the world in such a way that God and his holiness are at the center of our vision even in the concrete situations of everyday life.

I will teach you the best way to say Torah. You must be nothing but an ear that hears what the universe of the word is constantly saying within you. The moment you begin to hear what you yourself are saying, you must stop.

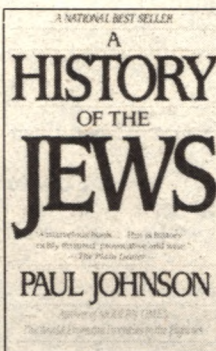
—Dov Baer of Mezritch

God in Search of Man

A Philosophy of Judaism

By Abraham Joshua Heschel
\$13.95. paper. ISBN 0374513317.

The companion volume to *Man Is Not Alone* combines scholarship with lucidity, reverence, and compassion as Dr. Heschel discusses, not man's search for God, but God's for man—the notion of a Chosen People, an idea which, he writes, "signifies not a quality inherent in the people but a relationship between the people and God." It is an extraordinary description of the nature of Biblical thought, how that thought becomes faith, how faith creates consequences—responses—in the believer.



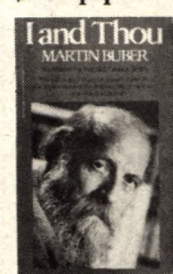
A History of the Jews

By Paul Johnson
\$12.95. paper. ISBN 0060915331.

This brilliant 4,000 year survey covers not only Jewish history but the impact of Jewish genius and imagination on the world.

I and Thou

By Martin Buber, tr. by Ronald Gregor Smith
\$5.95. paper. ISBN 0684182548.



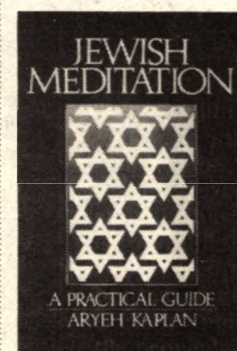
Martin Buber was born in Vienna in 1878, and studied philosophy and art at the universities of Vienna, Zurich, and Berlin. In his twenties he was an active Zionist and worked closely with Theodor Herzl and Chaim Weizmann. However, Buber is best known for his revival

of Hasidism, a mystical movement that swept East European Jewry in the 18th and 19th centuries. Out of this interest evolved his dialogical, or "I-Thou," philosophy. In this book he examines the religious and social dimensions of the human personality.

In Praise of The Baal Shem Tov

The Earliest Collection of Legends about the Founder of Hasidism
By Dan Ben-Amos & Jerome R. Mintz
\$11.95. paper. ISBN 0805207589.

A mixture of legend, parable, and history, these stories offer a fascinating introduction to the Baal Shem Tov, the kabbalistic wonder worker who founded Hasidism in the 18th century, and to the powerful pietistic movement he initiated among East European Jewry.



Jewish Meditation

A Practical Guide
By Aryeh Kaplan
\$12.00. paper.
ISBN 0805207813.

This is a step-by-step introduction to meditation and the Jewish practice of meditation in particular. Such topics as mantra meditation, contemplation and visualization

are covered within a Jewish concept. It shows how to use meditative techniques to enhance prayer using the traditional liturgy—the Amidah and the Shema. Through simple exercises

and clear explanations of theory, Rabbi Kaplan provides the tools to develop spiritual potential through an authentically Jewish practice.

Man Is Not Alone

A Philosophy of Religion

By Abraham Joshua Heschel
\$12.95. paper. ISBN 0374513287.

This classic of modern Jewish theology is a profound, beautifully written examination of the ingredients of piety: how man senses God's presence, explores it, accepts it, and builds life upon it.

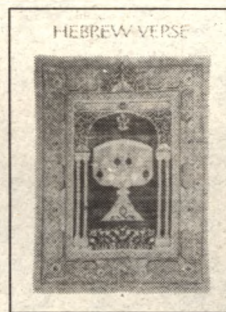
Major Trends in Jewish Mysticism

By Gershom G. Scholem
\$12.95. paper. ISBN 0805200053.

Professor Scholem outlines the history of Jewish mysticism from its beginnings in antiquity to its latest phase in Hasidism.

The Penguin Book of Hebrew Verse

Edited & translated by T. Carmi
\$15.95. paper. ISBN 0140421971.



This anthology gathers the riches of poetry in Hebrew from the Bible to contemporary Israeli writings. It is the first such collection in English. Most of the poems, which are presented simultaneously in the original and in English translation, have never been translated before; a great number of them have only recently been deciphered or transcribed, including rare texts from the post-Biblical period. The selection extends from the Song of Deborah, written some 3,000 years ago, to poems written in Israel by authors born in the 1930s.

Rabbi Nachman's Stories

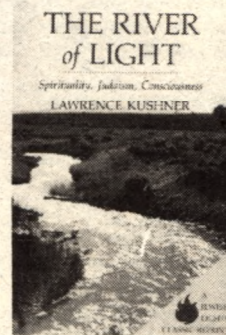
Translated by Rabbi Aryeh Kaplan
\$17.00. cloth. ISBN 0930213025.

Captivating, moving, and amusing, the purpose of Rabbi Nachman's stories is to arouse men from their sleep using the most powerful weapon of all: the hidden secrets of Torah.

The genius and wisdom of Rabbi Nachman have long been recognized by serious students. Many people from the wider Jewish and general public turn to his teachings as one of the major sources of inspiration and perception in our times. Rabbi Aryeh Kaplan's translation seeks to convey as much of the richness of the originals as possible while remaining faithful to the texts.

River of Light

Spirituality, Judaism, Consciousness
By Lawrence Kushner
\$14.95. paper. ISBN 1879045036.



In his examination of contemporary Jewish life, Lawrence Kushner shows us the river of light: consciousness—a passageway for what begins in the shadows of the dream, surfaces in a moment of rare and striking vision, and illuminates the world with fresh vision. This is a manual for all spiritual travellers who would attempt a spiritual journey in our times.

If you live outside L.A. County, you can call us toll-free at **1-800-825-9798**

Souls On Fire

Portraits & Legends of Hasidic Masters

By Elie Wiesel
\$9.95. paper. ISBN 067144171X.

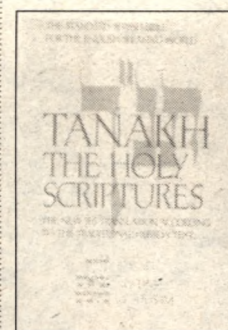


While the world of the 18th and 19th centuries was engaged in shedding blood and destroying altars, the Hasidic Masters built shelters with words and silence. With love on their lips and hope in their hearts, they carried their tales and their songs into the innermost corner of Jewish solitude and turned it into sanctuary. Elie Wiesel reveals the strength and compassion of these Masters in his superb retelling of their legends.

Tanakh—The Holy Scriptures

The New JPS Translation According to the Traditional Hebrew Text

Jewish Publication Society
\$23.95. cloth. ISBN 0827602529.
\$17.95. paper. ISBN 0827603665.



The Tanakh is an entirely original translation of the Holy Scriptures into contemporary English, based on the Masoretic—the traditional Hebrew—text. It is the culmination of three decades of collaboration by academic scholars and rabbis representing the three largest

branches of organized Judaism in America. The translators have produced a text that is a triumph of literary style and biblical scholarship, unsurpassed for accuracy and clarity.

The three parts of Tanakh were initially published in three main stages: *Torah* (The Five Books of Moses) in 1962, *Nevi'im* (The Prophets) in 1978, and *Kethuvim* (The Writings) in 1982. These texts, with revisions, are now presented in a single volume.

The Thirteen Petalled Rose

A Discourse on the Essence of Jewish Existence & Belief

By Adin Steinsaltz
\$10.95. paper. ISBN 046508561X.

In this classic of Jewish mysticism, the world-renowned scholar seeks to answer the major questions asked by modern Jews about the nature of their existence in God's universe.

The Tribe of Dina

A Jewish Women's Anthology
Edited by Melanie Kaye/Kantrowitz & Irena Klepfisz

\$12.95. paper. ISBN 0807036056.



Dina, the sister of the founders of the twelve tribes of Israel, went out of her father's house seeking other women. In this richly diverse collection of essays, stories, memoirs, poems, and interviews, the contributors seek to reclaim their culture and history as Jewish women. In expressing

the vast range of their experiences, they affirm the depth of women's participation in Jewish life and give strength to feminist struggle in the Jewish community.

Christianity

The Aquarian Gospel of Jesus the Christ

By Levi
\$13.95. cloth. ISBN 0875160417.
\$9.95. paper. ISBN 0875161685.

The story of Jesus and how he attained the Christ consciousness open to all men. A complete record of the "lost" eighteen years so strangely silent in the New Testament—a period spent traveling and learning from the masters and wise men in Tibet, Egypt, India, Persia, and Greece.

Butler's Lives of the Saints

Concise Edition
Edited by Michael Walsh
\$16.95. paper. ISBN 0060692995.

An excellent distillation of a Christian classic. Like the original, it offers the life and example of one saint for each day of the year. With a completely updated index of saints, new canonizations and new dates, this is one of the best guides to saints available.

The Cloud of Unknowing and Other Works
Translated with an introduction by Clifton Wolters
\$4.95. paper. ISBN 0140443851.

A devotional classic of European mysticism. Its main theme is that God cannot be reached by human intellect but only by a love that can pierce the "cloud of unknowing." Its author remains obscure. He was probably an English country parson of the late fourteenth century.

The Coming of the Cosmic Christ

By Matthew Fox
\$14.95. paper. ISBN 0060629150.

Matthew Fox's passionate work documents a paradigm shift—from our quest for the historical Jesus to our quest for the Cosmic Christ, a vital and living cosmology at the core of Christianity. Having lost touch with this core, we need to re-ground our faith in a mystical and transformational worldview that will heal Mother Earth and usher in a global renaissance of the spirit.

The Cost of Discipleship

By Dietrich Bonhoeffer
\$5.95. paper. ISBN 0020838506.

Among the Flossenbergs martyrs was a remarkable young Lutheran pastor named Dietrich Bonhoeffer, who had joined the underground convinced that it was his duty as a Christian to work for Hitler's defeat. Only 39 when hanged by the Nazis in April 1945, his life and thought stand as an example of what a modern Christian should be.

His disciples said to him, "When will the Kingdom come?" Jesus said, "It will not come by waiting for it."

"It will not be a matter of saying 'here it is' or 'there it is.' Rather, the Kingdom of the Father is spread out upon the earth, and men do not see it."

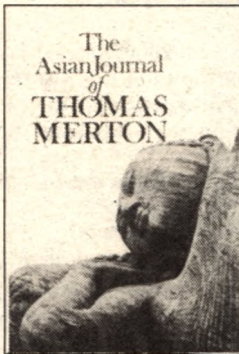
— Gospel According to Thomas

THOMAS MERTON

The Asian Journal of Thomas Merton

By Thomas Merton
\$12.95. paper. ISBN 0811205703.

This fascinating book chronicles Merton's last journey—the fateful trip to a speaking engagement in Bangkok that ended in his untimely death. His travels led him from Bangkok, through India and Ceylon, and back to Bangkok for his scheduled talk at a conference of Asian monastic contemplatives. Ample illustrated with photographs that Merton took himself. The book also contains a glossary of Asian religious terms, as well several appendixes, among them the text of Merton's final address.



Seven Storey Mountain

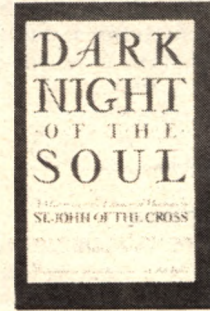
By Thomas Merton
\$9.95. paper. ISBN 0156806797.

Merton's spiritual classic that took America by surprise. Here was a young, energetic man who gave up his worldly life to devote himself to the contemplation of God and monastic life. Merton explores his childhood in Europe, the early death of his parents, and his free-spirited college days. Most importantly, he explores the factors that led him to become a Trappist, and illuminates the relevancy of the monastic life in today's chaotic world.

Dark Night of the Soul

By St. John of the Cross
Translated & edited by E. Allison Peers
\$7.95. paper. ISBN 0385029306.

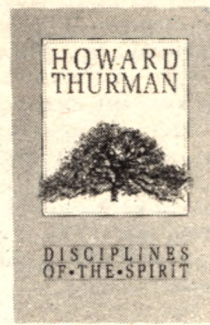
A sublime masterpiece of mystical literature by the great Carmelite saint. In his treatise he discusses "the method followed by the soul in its journey upon the spiritual road to the attainment of the perfect union of love with God, to the extent that is possible in this life."



Disciplines of the Spirit

By Howard Thurman
\$8.95. paper. ISBN 0913408352.

Poet, mystic, philosopher and theologian, Howard Thurman authored more than twenty books on the Christian life. In this book he explores five major dimensions of



the spiritual life: commitment, growing in wisdom and stature, suffering, prayer, and reconciliation.

The Thomas Merton Reader

By Thomas Merton
Edited by Thomas P. McDonnell
\$12.50. paper. ISBN 0385032927.

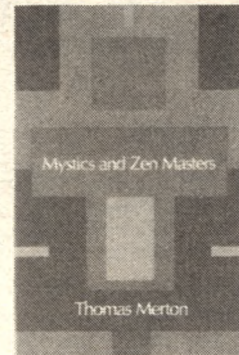
The *Thomas Merton Reader* is perfect for the reader unfamiliar with Merton who wants to get a flavor of his diverse writings. Editor McDonnell draws from Merton's lifelong works, beginning with his first book, the famed *Seven Storey Mountain*, and concluding with selections from his last work, the posthumously published *Asian Journal of Thomas Merton*.

Included are Merton's prose, essays, and texts on just about every important theme—be it war, love, peace, Eastern thought and spirituality, monastic life, art, the psalms, or contemplation and solitude. In short, this compilation reflects the rich diversity of America's foremost mystic.

Mystics and Zen Masters

By Thomas Merton
\$9.95. paper. ISBN 0374520011.

In this wonderful book merging East and West, Merton has attempted not merely to look at these traditions coldly and objectively from the outside, but, in some measure at least, to try to share in the values and the experience that they embody. Early monasticism, English mystics, Russian Orthodox spirituality, the Shakers, and Protestant monastic communities are examined here, and are united by a central concern: to understand various ways in which men of different traditions have conceived the meaning and method of the "way" that leads to the highest levels of religious or metaphysical awareness.



The Essential Tillich

An Anthology of the Writings of Paul Tillich
Edited and Introduced by F. Forrester Church
\$9.95. paper. ISBN 0020189206.

Drawn from his major books and sermons, this collection by Paul Tillich helps us confront the age of anxiety with a theology that heals and liberates.

"A tantalizing and illuminating introduction to perhaps the greatest mind of twentieth-century Protestant theology." — Booklist

The Experience of No Self

A Contemplative Journey
By Bernadette Roberts
\$15.00. paper. ISBN 0394726936.

Bernadette Roberts reached one of the highest stages of realization of any religion—the transcendence of ego. In this moving account, she relates her experience to the Christian notion of loss-of-self, a transformation of the ego or lower self into the true or higher self as it approaches union with God.

Fatima Prophecy

The message the Church can no longer suppress
By Ray Stanford
\$4.95. paper. ISBN 0345355105.

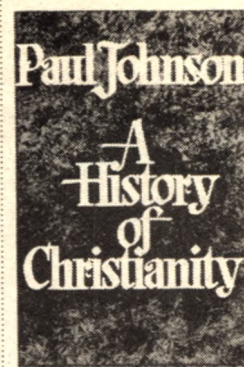
Fatima, Portugal, 1917: an apparition of the Virgin Mary appeared to three peasant children and delivered a prophecy.

In the 60's: a small group met in prayerful devotion to the Fatima miracle, and channeler Ray Stanford channeled these teachings that are here presented in their entirety.

A History of Christianity

By Paul Johnson
\$16.95. paper. ISBN 0689705913.

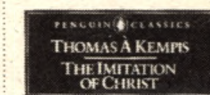
The best one-volume survey of Christianity available. The noted historian Paul Johnson brilliantly presents the 2,000 years of Christianity in 566 pages. A very readable and comprehensive work.



The Imitation of Christ

By Thomas A Kempis
Translated by Leo Sherley-Price
\$3.95. paper. ISBN 0140440275.

After the Bible, this is one of the best-loved books of Christianity. Its author, Thomas A Kempis (1380-1471), had a wide knowledge of the scriptures and also possessed a deep understanding of human nature. His acquired life's wisdom convinced him of man's complete dependence on God's love and the empty futility of life without it.



Interior Castle

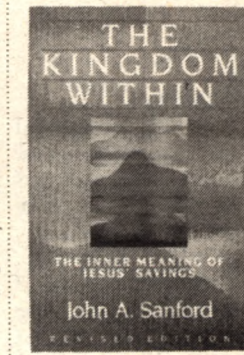
By St. Teresa of Avila
\$8.95. paper. ISBN 0385036434.

One of the most celebrated books on mystical theology, *Interior Castle* is an account of a soul's progress in virtue and grace. St. Teresa envisioned the soul as a castle, whose many rooms the soul must pass through before reaching the innermost chamber, the place of complete transfiguration and communion with God.

The Kingdom Within

The Inner Meaning of Jesus' Sayings
By John A. Sanford
\$9.95. paper. ISBN 0060670541.

It is Sanford's conviction that contemporary Christianity has overlooked the inner dimension of Jesus' teachings and so has lost touch with the human soul. By showing how Jesus' teachings relate to our inner depths, this book guides us toward a more conscious and creative life.



The Last Temptation of Christ

By Nikos Kazantzakis
\$10.95. paper. ISBN 0671672576.

Hailed as a masterpiece by critics worldwide, this is the monumental fictional reinterpretation of the Gospels that brilliantly fleshes out the story of Christ's Passion, giving it a dynamic spiritual freshness. Kazantzakis' Jesus is gloriously divine, yet earthy and human. Provocatively illuminating.

The Little Flowers of St. Francis

Translated with an introduction and notes by Raphael Brown
\$7.00. paper. ISBN 0385075448.

The best-loved stories of St. Francis and his followers are here: Francis' sermon to the birds, the Stigmata, the wolf of Gubbio, the preaching of St. Anthony, the soaring "Canticle of Brother Sun," and the lives and sayings of Brother Juniper and Brother Giles. This is a spiritual classic with universal appeal.

Meister Eckhart

The Essential Sermons, Commentaries, Treatises, and Defense

Translated by Edmund Colledge & Bernard McGinn
\$12.95. paper. ISBN 0809123703.



An excellent translation of works by Meister Eckhart (1260-1327), the Christian mystic and scholar. Though steadfastly loyal to the Church, Eckhart's love of speculation, paradox, and the apophatic way resulted in the controversial condemnation of certain of his teachings by papal bull in 1329. His doctrines of detachment, the return of the soul to God, and the birth of the Son in the soul have continued to perplex his critics and nourish his disciples through the ages.

Mysticism

By Evelyn Underhill

\$12.95. paper. ISBN 0385416318.

Mysticism is an in-depth exploration of its subject. Part one examines "The Mystic Fact," explaining the relation of mysticism to psychology, theology, and symbolism. Part two, "The Mystic Way," explores the awakening, purification, and illumination of the self; and delves into manifestations from ecstasy and rapture to the dark night of the soul.

Myth & Ritual in Christianity

By Alan W. Watts

\$13.95. paper. ISBN 0807013757.

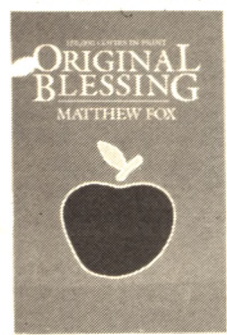
Alan Watts traces Christian mythology through the seasonal cycle of the ecclesiastical year: Advent, Christmas, Epiphany, Easter, and Pentecost. Watts reveals the inner life of Christianity as the ritual reliving of the Christ story. By learning to interpret its myths, symbols, and rituals, we can understand the universal and timeless character of the Christian tradition.

Original Blessing

By Matthew Fox

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Everyone is a mystic or artist until our culture, religion or education drives this out of us. *Original Blessing* is an empowering and necessary book which leads us back to our own creativity and that deep, ecstatic center which resides beneath any fear of death. It is a hopeful book which guides us to rejoice and celebrate the uniqueness of our existence.



The Phenomenon of Man

By Pierre Teilhard de Chardin

\$9.95. paper. ISBN 006090495X.

Teilhard sought a synthesis of religion and science, of the material world and the world of spirit.

"The book attempts to provide a coherent vision of the process of evolution starting from the formation of our planet through the emergence of life, and later, thought, to an imagined end state or Omega point." — Review of Metaphysics

The Practice of the Presence of God

By Brother Lawrence of the Resurrection

Newly translated by John J. Delaney

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A guide for all Christians aspiring to union with God. "We must trust God once and for all and abandon ourselves to him alone," Brother Lawrence tells us. This difficult task requires a continual conversation with God in all activities great and small—our key to endless joy.

Return to the Center

By Bede Griffiths

\$9.95. paper. ISBN 0872431126.

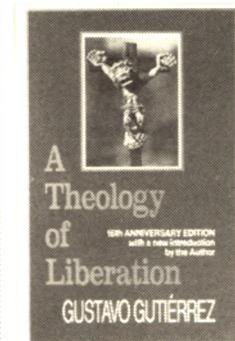
After many years in India, the Benedictine monk Bede Griffiths became convinced that modern man has lost touch with the center of his own life, and therefore with life itself. This center is "the place of meeting where the different religious traditions of the world have their source, and the ultimate meaning of human existence is to be found." Griffiths insists we must find our way back to that center, and he illuminates the way for us by examining the truths of Hinduism and Buddhism, and harmonizing them with the Christian vision of the world.

A Theology of Liberation

15th Anniversary Edition

By Gustavo Gutierrez

\$16.95. paper. ISBN 0883445425.



The most influential text on liberation theology, the movement that gives social activism a Christian framework. Gustavo Gutierrez lives and works among the poor of Rimac, Peru, a Lima slum. "My book is a love letter to God, to the church, and to the people to which I

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The Way of a Pilgrim

and *The Pilgrim Continues His Way*

A new translation by Helen Bacovin

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An anonymous 19th-century Russian peasant seeks the answer to one compelling question: how does one pray constantly? For private or communal meditation, the simple "Jesus Prayer" offers devotional guidance and its message speaks to every Christian who seeks constant communion with God.

Bibles & Bible Reference

Cruden's Complete Concordance

The Ideal Bible Study Companion

By Alexander Cruden

\$12.95. paper. ISBN 0310229219.

This concordance includes more than 200,000 references to both the King James Version and the Revised Version, listing scriptural proper names and the full content of this masterly work in one convenient alphabetical arrangement. Also includes a keyword index to help locate scripture verses.

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addition, separate introductions are provided for each new scroll, as well as new translations of the Hymns, and paraphrases of the Bible narratives.

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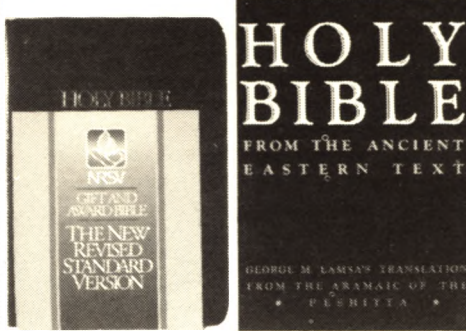
\$14.95. cloth. ISBN 0840713924.

Holy Bible

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\$10.95. Imitation Leather. ISBN 0840713932.

Includes the words of Christ in red, an illustrated dictionary/concordance for further study, and textual and explanatory footnotes.



Holy Bible from the Ancient Eastern Text

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ISBN 0062500309.

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C. S. Lewis

The Four Loves

By C.S. Lewis

\$6.95. paper. ISBN 0156329301.

Love has not one but many faces. Here C.S. Lewis describes the four basic kinds of human love—affection, friendship, erotic love, and the love of God. A candid, wise, and warmly personal book.

Mere Christianity

By C.S. Lewis

\$4.95. paper. ISBN 0020868308.

First broadcast as informal radio talks and later published as three separate books, *The Case for Christianity*, *Christian Behaviour*, and *Beyond Personality* are presented together here. Lewis shows how the power of Christianity manifests itself not in any single denomination but as "mere" Christianity, a total force. "In the center of each there is something, or a Someone, who against all

memories of mutual persecution, speaks with the same voice."

The Screwtape Letters

By C.S. Lewis

\$3.50. paper. ISBN 0451628217.

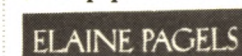
Filled with subtle satire, this classic work is a series of congenial letters from Screwtape, an elderly devil, advising his nephew Wormwood, an apprentice devil, how to corrupt his earthly "patient." Clever, inventive, and humorous, it exposes human weaknesses and foibles with a gentle probe.

Gnosticism

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By Elaine Pagels

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In 1945 an Egyptian peasant unearthed what proved to be the Gnostic Gospels, the sacred books of one of the earliest Christian sects. This landmark study examines the different ways in which both Gnostics and the orthodox constructed God, Christ, and the Church. Whose version of Christianity came down to us and why did it prevail? A radical yet accessible reconsideration of the origins of the Christian faith.

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By Hans Jonas

\$14.95. paper. ISBN 0807057991.

The best full-scale study of the heretical world of Gnosticism—its literature, symbolic language and main tenets—based on actual Gnostic documents and written by an eminent authority in the field.

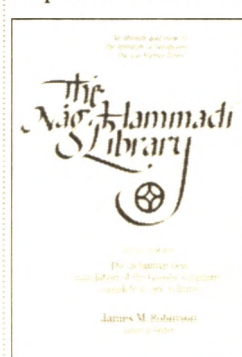
The Nag Hammadi Library

James M. Robinson, general editor

\$25.95. cloth. ISBN 0060669349.

\$16.95. paper. ISBN 0060669357.

This revised, expanded edition is the only complete, one-volume, modern language version of the renowned library of fourth-century manuscripts discovered in Egypt in 1945. This collection, which includes such texts as the Gospel according to Thomas, launched modern Gnostic studies and exposed a movement whose teachings are in



many ways as relevant today as they were sixteen centuries ago.

Acclaimed by both scholars and readers, this is a work of major importance to everyone interested in the evolution of Christianity, the Bible, archaeology, and the story of Western civilization.

"Though we are God's sons and daughters, we do not realize it yet."

— Meister Eckhart

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